

THE TIDE IS HIGH

Page 1 of 3

BY: Curt & Tammy Worlock, 3613 Citrus Tree Court, Plant City, FL 33566 (813)-759-8313

MUSIC: "The Tide Is High" CD - Latin Heat 4/It's Getting Hot Track #6 **SPEED:** Slowed 5% From CD

FOOTWORK: Described for M - W opposite (or as noted) **WEB SITE:** www.stardustdancecenter.com

SEQUENCE: Intro, A, B, C, Inter, D, Bridge, B, A, D, C, Inter, Ending **E-Mail:** cworlock@tampabay.rr.com

RHYTHM: Rumba/Cha **PHASE:** VI **RELEASED:** August 2010

INTRO

1 - 4 WAIT; SLOW CRAB WALK 2; CRAB WALK 3 & RONDE; FENCE LINE;

- 1 - Wait 1 measure in BFLY POS M FCING WALL lead foot free for both pointed sd twd LOD;
- SS 2 - Fwd & across L trng hips to RLOD,-, sd R trng hips to WALL still in BFLY POS M FCING WALL,-;
- 3 - Fwd & across L trng hips to RLOD, sd R trng hips to WALL, fwd & across L trng hips to RLOD, fan R ft CCW (L ft CW) allowing standing lead ft to swvl ¼ LF;
- 4 - Fwd & across R LOD flexing R knee, rec L trng slightly RF, sd R still in BFLY POS M FCING WALL,-;

PART A

1 - 4 REVERSE UNDERARM TURN LADY SPIRAL TO; REVERSE TOP 9;; INTO FAN (M FACE WALL);

- 1 - Trng RF fwd & across L, bk R trng LF, cont LF trn sd & fwd L planting L toe and lead W to spiral (fwd & across R trng LF under joined lead hands, fwd L cont LF trn, sd & fwd R, spiral 7/8 LF on R under joined lead hands) to end momentarily in TANDEM POS DLW M behind W,-;
- 2 - Cont LF trn sd & fwd R, keeping L toe in place swing L heel cont LF trn to XLIF of R, cont LF trn sd & fwd R (cont LF trn thru L twd DLC, cont LF trn sd R starting to blend to CP, cont LF trn XLIB of R) to end CP DRW,-;
- 3 - Keeping L toe in place swing L heel cont LF trn to XLIF of R, cont LF trn sd & fwd R, keeping L toe in place swing L heel cont LF trn to XLIF of R (cont LF trn sd & bk R, cont LF trn XLIB of R, cont LF trn sd & bk R) to end CP approximately DRC,-;
- 4 - Cont LF trn sd & fwd R, keeping L toe in place swing L heel cont LF trn to XLIF of R releasing W from frame, sd & slightly fwd R (cont LF trn XLIB of R, cont LF trn sd & bk R, bk L) to end in FAN POS M FCING WALL,-;

5 - 8 THREE ALEMANAS;;; TO LOOSE CLOSED; * 2ND TIME TO BUTTERFLY

- 5 - Fwd L, rec R, cl L to R raising joined lead hands palm to palm (cl R to L, fwd L, fwd R trng ¼ RF to fc M & R toe pting DLC),-;
 - 6 - Bk R, rec L pushing L ft slightly sd, cl R to L (fwd L trng ½ RF under joined lead hands brushing R to L, fwd R twd DRW trn 3/8 RF to fc M, fwd L to M's R sd trng almost ½ further RF to end almost backing COH),-;
 - 7 - Sd L, rec R, cl L to R (fwd & across R towards LOD spiral LF on R under joined lead hands to fc DRW, cont LF trn fwd L twd WALL trng ½ further LF under joined lead hands, fwd R to M toeing out DLC),-;
 - 8 - Bk R, rec L, small fwd & across R (fwd L trng ½ RF under joined lead hands brushing R to L, fwd R twd DRW trn 3/8 RF to fc M, fwd L) to loose CP WALL,-;
- NOTE:** 2nd time dancing Meas 8 last step will be sd R (sd L) to BFLY WALL.

PART B

1 - 6 CIRCULAR HIP TWIST;; (M FC WALL); INTO CONTINUOUS HIP TWIST;; (M FC CENTER);

- 1 - Fwd L trng 1/8 RF leading W to open out, rec R trng ¼ LF, bk L behind R toe to heel (swvl ½ RF on L/bk & sd R, rec L/swvl 5/8 LF on L, fwd R outsd ptr to M's R sd, trn hips RF towards LOD),-;
- 2 - Trng LF sd & bk R, cont trn XLIB of R, cont trn sd & bk R (fwd L/swvl LF to fc ptr, cl R to L/trn hips RF, fwd L),-;
- 3 - Cont LF trn XLIB of R, cont LF trn sd & bk R, cl L to R (swivel LF to fc ptr/cl R, trn hips RF/fwd L, swivel LF to fc ptr/cl R to L, trn hips RF towards LOD) to end M FCING WALL having made 1 complete LF rotation,-;
- 4 - Small bk R leading W fwd LOD as if to fan/swvl W LF to loose BJO DLW, comm RF trn like a wheel fwd L, fwd R (fwd L/swvl 3/8 LF on L, comm RF wheel fwd R, fwd L) to end loose CONTRA BJO POS M FCING RLOD,-;
- 5 - Fwd L trng 1/8 RF leading W to open out, rec R trng ¼ LF, bk L behind R toe to heel (swvl ½ RF on L/bk & sd R, rec L/swvl 5/8 LF on L, fwd R outsd ptr to M's R sd, trn hips RF towards WALL),-;
- 6 - Small bk R leading W fwd WALL as if to fan/then swvl W LF to loose BJO DRW, comm RF trn like a wheel fwd L, fwd R (fwd L/swvl 3/8 LF on L, comm RF wheel fwd R, fwd L) to end loose CONTRA BJO POS M FCING COH,-;

PART B (CON'T)**7 - 8 ADVANCED OPENING OUT LADY SPIRAL TO; CROSS BODY M FACE WALL;**

- 7 - Fwd L trng 1/8 RF leading W to open out, rec R trng ¼ LF, small bk L behind R toe to heel (swvl ½ RF on L/bk & sd R, rec L, small fwd R RLOD, spiral 7/8 LF on R) to end momentarily in TANDEM POS DRC M behind W,-;
- 8 - Trng LF bk R, rec L trng LF, sd R twd RLOD (cont LF trn fwd L across M twd WALL, fwd R trng ½ LF, sd L) to end LEFT OPEN FCING M FCING WALL,-;

PART C**1 - 4 START THREE THREES;; CATCH R HANDS; ALEMANA TURN w/SURPRISE CHECK;**

- 1 - Fwd L, rec R, cl L to R leading W to trn RF release hand hold and gently place hands on W's shoulders (bk R, rec L, fwd R trng ½ RF) to TANDEM POS WALL M behind W,-;
- 2 - Bk R, rec L, cl R to L w/light pressure to W's L shoulder then release W's shoulders altogether (in place L, R, L spin LF 1 full trn) to end in same TANDEM POS WALL M behind W,-;
- 3 - Fwd & sd L slight RF body trn extend L arm fwd DLW palm down & R arm up palm out, rec R slight LF body trn taking W's R wrist or hand, cl L to R lower joined R hands (bk & sd R slight RF body trn extend L arm fwd DLW palm down & R arm up palm out, rec L, fwd R twd WALL trng ½ RF to fc M) to end fcng w/R handshake M still FCING WALL,-;
- 4 - Raising R hands bk R, rec L/swivel 1/8 LF on L bringing joined R hands thru at chest level between ptrs & extend them across in front of W, swivel ¼ RF on L cl R to L (fwd L DLC trng ½ RF under R hands, fwd R towards DRW/trng ½ RF, swvl ¼ LF on R cl L to R) to end in V shape both facing RLOD still w/R hands joined and L arms extended out to sd,-;

5 - 8 SWEETHEART TO SHADOW REVERSE; WHEEL 3 FACE WALL; ADVANCED SLIDING DOOR LADY SPIRAL TO; CROSS BODY M FACE CENTER (JOIN LEAD HANDS);

- 5 - Fwd L with R sd leading & lead W bk, rec R, sd L releasing joined R hands to place R hand on W's R shoulder blade (bk R w/L sd leading, rec L, sd R) as you join L hands to end in SHADOW POS FCING RLOD,-;
- 6 - Wheel ¾ RF curving fwd R, fwd L, fwd R (bk L, bk R, bk L) to end in SHADOW POS FCING WALL,-;
- 7 - Fwd L trng body slightly RF, rec R trng body slightly LF, XLIB of R toe to heel raise joined L hands (bk & slightly sd R, rec L, fwd & across R, spiral 7/8 LF on R under joined L hands) to end momentarily in TANDEM POS DLW M behind W,-;
- 8 - Trng LF bk R, rec L trng LF releasing joined L hands, sd R twd LOD (cont LF trn fwd L across M twd COH, fwd R trng ½ LF, sd L) joining lead hands to end LEFT OPEN FCING M FCING COH,-;

INTERLUDE**1 - 4 BREAK TO 4 PASSING CURLS ALTERNATING;;; (M FACE WALL);**

- 1 - Apt L, fwd & slightly across R, fwd L trng 3/8 RF leading W to trn under LF (apt R, rec L, fwd R trng 5/8 LF under joined lead hands) and immediately join trailing hands to end fcng ptr M FCING DLW,-;
- 2 - Releasing lead hands apt R, fwd & slightly sd L, fwd R trng 5/8 LF under joined trailing hands (apt L, rec R, fwd L trng 3/8 RF) and immediately join lead hands to end fcng pt M FCING RLOD,-;
- 3 - Releasing trailing hands apt L, fwd & slightly across R, fwd L trng 3/8 RF leading W to trn under LF (apt R, rec L, fwd R trng 5/8 LF under joined lead hands) and immediately join trailing hands to end fcng ptr M FCING DLC,-;
- 4 - Releasing lead hands apt R, fwd & slightly sd L, fwd R trng 5/8 LF under joined trailing hands (apt L, rec R, fwd L trng 3/8 RF) and immediately join lead hands to end fcng ptr M FCING WALL,-;

NOTE: Whoever is not turning under for the Curl figure is turning 3/8 RF while whoever is Curling under turns 5/8 LF. The most important part of the Passing Curls is the constant changing of hands as soon as each Curl is completed and it is comfortably possible.
Lady always Curls under the joined lead hands while the M curls under the joined trailing hands.

PART D (CHA)**1 - 5 (CHA) OPEN BREAK w/HAND CHG BEHIND BK; ROLL & TWIRL LADY OUT FACE CENTER; TURKISH TOWEL; (FACE REVERSE); (R HANDS);**

- 1 - Apt L, rec R, trng 1/8 RF sd & fwd L/cl R to L, sd & fwd L folding W's lead arm behind her back to take her R hand with your R hand (apt R, rec L, fwd R/lk LIB of R, fwd L toeing out & shaping twd M & DLC);
- 2 - Trng RF XRIB of L toe to heel leading W to roll off arm, cont RF trn sd & slightly fwd L to fc COH, raising R arms to lead W under fwd R/lk LIB of R, fwd R (fwd L COH trng RF, fwd R COH completing 1 full RF trn, fwd L COH trng RF/cl R to L cont trn, fwd L trng RF completing another 1 ½ RF trns) to end w/R handshake M FCING COH;
NOTE: Total amount of turn for W is 2 ½ RF rotations, though the 1 ½ twirl could be omitted.
- 3 - Fwd L, rec R, bk L/pull R bk slightly, cl L to R (bk R, rec L, fwd R/lk LIB of R, fwd R) raising joined R hands high;
- 4 - Bk R, rec L trng ¼ LF, sd R/cl L to R, sd R twd COH (fwd & across L DRW trng RF under joined R hands, fwd R DLC cont RF trn to fc M, fwd L cont RF trn/cl R to L, sd L twd WALL) to end in M's VARSOUV POS RLOD;
- 5 - Bk L w/R sd leading, rec R, sd L/cl R to L, sd L (fwd R w/L sd leading, rec L, sd R/cl L to R, sd R) releasing joined L hands and lowering R hands;

6 - 8 CROSS BODY w/REVERSE TWIRL M FACE WALL; SHADOW NEW YORKER w/LADY FREE SPIN TO BFLY; FENCE LINE; * NOTE: END OF CHA & NOW BACK TO RUMBA

- 6 - Bk R, rec L trng LF to fc WALL, sd R/cl L to R, sd R (trng LF fwd L across M twd WALL, fwd R trng ½ LF to fc COH, cont LF trn under handshake sd & fwd L/cl R to L, sd L completing 1 full LF twirl) to end fcng ptr M FCING WALL w/R handshake;
- 7 - Trng RF fwd L RLOD w/L arm extended behind W, rec R trng LF, releasing R hands after leading W to spin cont LF trn to fc ptr sd L/cl R to L, sd L (free spin RF 1 full trn on cha sd & fwd R/cl L to R, sd R) to BFLY WALL;
- 8 - Fwd & across R w/soft lunge twd LOD, rec L, sd R/cl L to R, sd R still in BFLY;

BRIDGE**1 SLOW HIP ROCK 2 TO LOOSE CP;**

- ss 1 - Sd L,-, sd R blending to loose CP WALL,-;

PART B**PART A****PART D****PART C****INTERLUDE****ENDING****1 SLOW EXPLODE APART w/ARMS;**

- s-- 1 - Trng ¼ LF/sd L flexing L knee in lunge line,-, sweep L arm up & out swaying R to look at ptr (trng ¼ RF/sd R flexing R knee in lunge line,-, sweep R arm up & out swaying L to look at ptr) to end in OPEN lunge apt pos fcng LOD,-;

NOTE: Timing is standard QQS unless noted on side by the measure and refers to actual weight changes.
Part D's Cha timing is all standard 123&4.