

Tide Is High

Count: 32

Wall: 4

Level: Beginner

Choreographer: Anna Soselisa (INA) - August 2026

Music: Tide Is High (Get the Feeling) - Atomic Kitten



Intro : 16 counts

There are 2 Restarts, and 1 tag in this dance

Section 1 : Walk forward RL, forward mambo, Walk back LR, coaster step

- 1 – 2 Step R forward, step L forward
- 3 & 4 Step R forward, recover on L, step R back
- 5 – 6 Step back on L, step back on R
- 7 & 8 Step L back , step R next to L, step L forward

Section 2 : Side, together, side shuffle RL

- 1 – 2 Step R to right side, step L next to R
- 3 & 4 Step R to right side, step L next to R, step R to right side
- 5 – 6 Step L to left side, step R next to L
- 7 & 8 Step L to left side, step R next to L, step L to left side

***Restart here on Wall 4 and Wall 7**

Section 3 : Cross, tap, back, side RL

- 1 – 2 Cross R over L, tap L behind R (body angled to left diagonal)
- 3 – 4 Step back on L, step R to right side (12.00)
- 5 – 6 Cross L over R, tap R behind L (body angled to right diagonal)
- 7 – 8 Step back on R, step L to left side (12.00)

Section 4 : Out-out in-in , ¾ R walk around RLRL

- 1 – 2 Step R forward to right diagonal, step L forward to left diagonal
- 3 – 4 Step R back to centre, step L next to R
- 5 – 8 Walk around turning ¾ to right RLRL (09.00)

****Tag : after Wall 8 (facing 06.00): out-out in-in**

- 1 – 2 Step R fwd to right diagonal, step L fwd to left diagonal
- 3 – 4 Step R back to centre, step L next to R

Happy dancing.....!!!!

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