

Tide is High

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Improver

Choreographer: Mark Furnell (UK), Chris Godden (UK) & Esmeralda van de Pol (NL) - July 2025

Music: The Tide Is High - Salvatore Mancuso & Max Nicklaus



Intro: 16 Counts, Start at approx 8 secs

SEC 1 Point, Step, Sweep, Cross shuffle, Hold, Ball Cross, Hold

- 1-2 Point Right toe to Right, Step forward Right
- 3 Sweep Left foot from back to front
- 4&5 Cross left over right, step right to right, cross left over right
- 6 Hold
- &7-8 Step right to right, cross left over right, Hold

SEC 2 Side rock, Behind side cross, Step slide touch, Step ¼ turn, Close, Hitch

- 1-2 Rock right to right, recover weight on left
- 3&4 Step right behind left, step left to left, cross right over left
- *On wall 10 the dance will end here – just walk round ¾ turn to front**
- 5-6 Step left to left, Drag right to left and touch right to left
- 7-8 Turn ¼ left stepping right to right, close left to right and hitch right knee(9:00)

Restart here on walls 4-7

SEC 3 Cross, Back, Back, Cross, Back, Together, Walk X2

- 1-2 Cross right over left. Step back on left
- 3-4 Step back on right, cross left over right
- 5-6 Step back on right, close left to right
- 7-8 Walk forward right, walk forward left

SEC 4 Forward, Touch, Back, Touch, Sway x4

- 1-2 Step right forward to the right diagonal, touch left to right
- 3-4 Step left back to the left diagonal, touch right to left
- 5-6 Step back right rocking weight onto right, rock forward left
- 7-8 Rock back on right, Rock forward on left

Tag At the end of Wall 8 à 12h

Point, Step, Point, Step

- 1-2 Point right to right, step forward right
- 3-4 Point left to left, step forward left