TIDE IS HIGH V
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Music: “The Tide Is High” CD - Latin Heat 4 It’s Getting Hot Track #6 SPEED: Slowed 5% From CD
Footwork: Opposite unless noted Woman’s footwork in parentheses and italic
Rhythm: Rumba/Cha Phase: Phase V  Difficulty: Easy  Released: January, 2011
Sequence: Intro, A, B, C, Interlude, D, Break, B Modified, A, D Modified, C, Interlude, Ending

INTRODUCTION

WAIT 2 MEASURES ; ; CUCARACHA 2X WITH ARM SWEEP ; ;
(1 - 2) BFL/Y/WALL Wait ; Wait ;
(3) sd L with partial wt move L arm in arc with palms out high above head, rec R and return arm to hip bring it down across front of body with palm facing in, cl L, -;
(4) sd R with partial wt move R arm in arc with palm out high above head, rec L and return arm to hip bring it down across front of body with palm facing in, cl R blending to BFL/Y/WALL, -;

PART A

(1 - 4) REVERSE UNDERARM TURN ; FULL NATURAL TOP ; ; ;
(1) XLI, rec R, sd L cline RF tm to fc RLOD in CP (W XLI under jnd ld hnds comm LF tm 1/2, rec L comm LF tm to fc pfr, sd R), -;
(2) trng RF 1 & 3/4 or next 3 mes XRRb, sd L, XRRb, -; (W sd L, fwd R bww M’s fl, sd L), -;
(3) sd L, XRRb, sd L, -; (W fwd R bww M’s fl, sd L, fwd R bww M’s fl), -;
(4) XRRb, sd L, cl R, -; (W sd L, fwd R bww M’s fl, sd L), -; CP/WALL

(5 - 8) ALEMANA ; ; SHOULDER TO SHOULDER 2X ; ;
(5) Fwd L, rec R, cl L kdw W to tm RF (W cl R, fwd L, fwd R & swvl RF to fc M w jnd ld hnds up palm to palm at eye level), -;
(6) bk R, rec L, sd R (W cto RF tm under jnd ld hnds fwd L, cont RF tm fwd R to fc pfr, sd L), -; BFL/Y/WALL
(7) Fwd L (W bk R) to BFL/Y/SCAR, rec R to fc, sd L, -; BFL/Y/WALL
(8) Fwd R (W bk L) to BFL/Y/BJO, rec L to fc partner, sd R, -; BFL/Y/WALL

PART B

(1 - 4) OPEN HIP TWIST ; FAN ; STOP AND GO HOCKEYSTICK ; ;
(1) Fwd L, rec R, cl L, -; (W bk R, rec L, fwd R, swvl, -);
(2) bk R, rec L, sd R, (W Fwd L, fwd R start LF turn, cont 1/2 to fc RLOD, bk L wth R fl extended fwd), -;
(3) Chk fwd L, rec R, cline L, - raise lead hands (W cline R, fwd L, fwd R trng RF under jnd lead hands to fc RLOD), -;
(4) chk fwd R; fwd RLOD place right hand on W’s back, rec L raise lead hands, sd R to face Wall, - (W bk R, rec R trng under jnd lead hands to face RLOD, bk L to Fan Pos), -;

(5 - 8) HOCKEYSTICK ; ; NEW YORKER ; SPOT TURN TO HANDSHAKE ;
(5) Fwd L, rec R, cl L bringing jnd ld hnds in frt of forhead (W cl R, fwd L, fwd R loof at M thru window), -;
(6) Sm bk R, rec L, fwd R long step following W (fwd L, fwd R & tm 1/2 LF under jnd ld hnds, bk L), -; to LOP/RLOD
(7) Swvl sharply on R thru L w/ straight leg to LOP RLOD, rec R to fc pfr, sd L to BFL/Y/WALL, -;
(8) Rlk hnds XLI (W XLI) & tm 1/2 RF on R ft, rec L & tm 1/2 LF on L ft, sd R, -; jng R hands

PART C

(1 - 5) FLIRT ; ; SWEETHEARTS 3X ; ; LADY TURN TO FACE ;
(1) Fwd L, rec R, sd L kdw W to VARS (W bk R, fwd L, fwd R trng 1/2 LF to VARS), -;
(2) bk R, rec L, sd R kdw W to L VARS (W bk L, rec R, sd L to L VARS), -;
(3) Releasing hnds fwd and slightly across L w/ R sd Ld maintaining eye contact w/ ptr, rec R, sd L (W bk R w/ L sd Ld, rec L, sd R across M), -;
(4) Fwd and slightly across R w/ L sd Ld maintaining eye contact w/ ptr, rec L, sd R (W bk L w/ R sd lead, rec R, sd L across M), -;
(5) Fwd L w/ R sd Ld maintaining eye contact w/ ptr, rec R, sd L. Leashing R hnds ldg W to swivel to fc chng to ld hnds (W bk R w/ L sd Ld, rec L, fwd R swivelng RF to fc M), -;

(6 – 8) BACK BASIC : HALF BASIC : UNDERARM TURN TO LEFT HAND STAR :
(6) Bk R, rec L, sd R, -; (7) Fwd L, rec R, sd L, -;
(8) Raising jnd Ld hnds tm body slightly RF & XRib, rec L to fc ptr, sd R tmg R 1/4 (W XLIf under jnd Ld hnds comm 1/2 RF trn, rec R comp RF trn to fc ptr slightly offset to his right, sd L tmg L 1/4 ), -; to jnd L hnds

INTERLUDE

(1 – 4) UMBRELLA TURNS : : : :
(1) Fwd L, rec R, bk L (W bk R, rec L, fwd R trn 1/2 LF under jnd hds), -;
(2) Bk R, rec L, fwd L (W bk L, rec R, fwd L trn 1/2 RF under jnd hds), -;
(3) Rpt meas 1 time;
(4) Bk R, rec L tmg 1/4 LF BFLY, sd R (Bk L, rec R tmg 1/4 RF, sd L), -;

PART D

(1 – 4) (CHA) BASIC : : BREAK BACK TO FORWARD TRIPLE CHAS : :
(1) Fwd L, Rec R, Sd L/CIR, Sd L; (2) Bk R, Rec L, Sd R/CIL, Sd R;
(3) Trn LF keep trailing hnds in contact bk L to fc LOD, rec R trn body in twd ptr tch lead hnds, fwd L/lk RIB of L, fwd L;
(4) Trn slightly away from ptr fwd R/lk LIB of R, fwd R, trn twd ptr tch lead hnds fwd L/lk RIB of L, fwd L;

(5 – 8) AIDA TO BACK TRIPLE CHAS : : SWITCH WITH CUBAN BREAK ENDING : SPOT TURN :
(5) Fwd R tm RF, sd L cont RF trn to sida pos bk R/lk LIF of R, bk R;
(6) Trn bodies slightly twd ptr bk L/lk RIF of L, bk L, trn to sida pos bk R/lk LIF of R, bk R in sida position;
(7) Turn LF rkd sd L to fc in BFLY, rec R, XLIf/rec R, sd L;
(8) Rpt meas 8 Part B to BFLY/WALL

BREAK

(1) 2 SLOW HIP ROCKS :
(1) Sd L, -; sd R, -;

REPEAT PART B TO BFLY/WALL

REPEAT PART A

REPEAT PART D TO HANDSHAKE/WALL

REPEAT PART C

REPEAT INTERLUDE

ENDING

(1) SLOW EXPLODE APART WITH ARMS :
(1) Trn 1/4 LF/sd L flexing L knee in lunge line, -, sweep L arm up & out swaying R to look at ptr (trn 1/4 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 facing LOD, -;