

THE TIDE

CHOREO.: Susan Healea
ADDRESS: 2803 Louisiana St., Longview, WA 98632
MUSIC: "The Tide" by Amber Lawrence
ALBUM: "The Mile" by Amber Lawrence
DOWNLOAD: Available at several Internet download sites
FOOTWORK: Opposite, dir to man, unless noted in parentheses and italics
REL. DATE: March, 2018
SEQUENCE: INTRO-A-B-C-A-C-INTLD-B-C-ENDING

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RHYTHM: Rumba
RAL PHASE: IV + 0 + 1
[Ronde Box]
DIFFICULTY: Above Average
TIME@100%: 3:06
SUG. SPEED: 100%

MEAS.

INTRODUCTION

1-4 WAIT 2 MEAS FACING NO HANDS JOINED [ARMS EXTENDED TO THE SIDE] WALL ; ; FENCE LINE WITH ARM SWEEP ; UNDERARM TURN [CP WALL] ;

- 1-2 [1-2] In FACING NO HANDS JOINED WALL with both arms extended to the side and palms down for both dancers wait 2 meas with lead foot free ; ;
3-4 [3] From FACING NO HANDS JOINED WALL both dancers sweeping lead hands in an arc up and twd RLOD with straight arm cross lunge thru with bent knee L both looking RLOD, bringing lead hands thru twd LOD rec R to fc partner, sd L joining lead hands, - ;
[4] Raising joined lead hands turn body slightly RF and XRib, rec L squaring body to fc partner, small sd R (*W swiveling 1/4 RF on ball of supporting foot fwd L turning 1/2 RF, rec R turning 1/4 RF to fc partner, sd L*) to CP WALL, - ;

PART A

1-4 BASIC ; ; LATIN WHISK ; THRU FACE CLOSE [CP WALL] ;

- 1-2 [1] In CP WALL fwd L, rec R, sd L, - ; [2] Bk R, rec L, sd R, - ;
3-4 [3] From CP WALL XLib, rec R, sd L, - ; [4] Thru R, fwd and sd L turning RF (*W LF*) to CP WALL, cl R, - ;

5-8 SIDE WALKS ; ; CROSS BODY [TO BFLY COH*] ; ;

- 5-6 [5] In CP WALL sd L, cl R, sd L, - ; [6] Cl R, sd L, cl R, - ;
7-8 [7] From CP WALL fwd L, rec R, sd L turning LF [foot turned about 1/4 turn body turned 1/8 turn] (*W bk R, rec L, fwd R twd man staying on R sd*) to L-SHAPED POSITION, - ; [8] Bk R cont LF turn, small fwd L, sd and fwd R (*W fwd L comm to turn LF, fwd R turning 1/2 LF, sd and bk L*) to BFLY COH*, - ;
*2nd time end in HANDSHAKE COH.

PART B

1-4 HALF BASIC ; UNDERARM TURN TO HANDSHAKE [COH] ; TRADE PLACES TO FACE [WALL] ; DIAGONAL CUCARACHA ;

- 1-2 [1] In BFLY COH fwd L, rec R, sd L - ;
[2] Raising joined lead hands turn body slightly RF and XRib, rec L squaring body to fc partner, small sd R (*W swiveling 1/4 RF on ball of supporting foot fwd L turning 1/2 RF, rec R turning 1/4 RF to fc partner, sd L*) to HANDSHAKE COH, - ;
3-4 [3] From HANDSHAKE COH rk apart L, rec R comm turning 1/4 RF (*W LF*) behind W releasing joined hands to momentary TANDEM, comp turn to face partner sd and bk L to FACING NO HANDS JOINED WALL ;
[4] Sd and bk R [on diag], rec L, cl R, - ;

5-8 RONDE BOX ; ; CHASE HALF NO TURN FOR LADY TO HANDSHAKE [WALL] ; ;

- 5-6 [5] In FACING NO HANDS JOINED WALL ronde L CW XLIF, sd R, with left side lead bk L, ronde R CW (*W ronde R CW XRIB, sd L, with right side lead fwd R, ronde L CW*) ;
[6] [cont ronde R CW] XRIB, sd L, with right side lead fwd R (*W [cont ronde L CW] XLIF, sd R, with left side lead bk L*), - ;
7-8 [7] From FACING NO HANDS JOINED WALL fwd L turning sharply 1/2 RF to TANDEM [M in front], rec R, fwd L (*W bk R, rec L, fwd R*), - ;
[8] Fwd R turning sharply 1/2 LF, rec L, fwd R (*W fwd L, rec R, bk L*) to HANDSHAKE WALL, - ;

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PHASE IV + 0 + 1 RUMBA [Above Average] BY SUSAN HEALEA

PART C

1-4 FLIRT TO A FAN ; ; HOCKEY STICK ; ;

- 1-2 [1] From HANDSHAKE WALL [2nd time from HANDSHAKE COH] fwd L, rec R, sd L (*W bk R, rec L comm LF turn, sd R turning LF to VARS WALL*), - ;
 [2] Bk R, rec L, sd R (*W bk L, rec R, sd L moving across in front of M and turning ¼ RF*) to FAN POSITION [M facing WALL], - ;
- 3-4 [3] From FAN fwd L, rec R, in place L (*W cl R, fwd L, fwd R*), - ;
 [4] Bk R, rec L, fwd R on the diagonal (*W fwd L, fwd R turning LF under joined lead hands to face M, bk L on the diagonal*) to LEFT OPEN FACING DRW, - ;

5-8 SHOULDER TO SHOULDER ; AIDA ; SWITCH ROCK ; SPOT TURN TO LEFT HAND STAR ;

- 5-6 [5] Blending to BFLY DRW fwd L (*W bk R*) to BFLY SCAR, rec R to BFLY WALL, sd L, - ;
 [6] Thru R [LOD], turning RF (*W LF*) sd L, cont turn bk R to AIDA LINE RLOD ["V" BK TO BK POSITION], - ;
- 7-8 [7] From AIDA LINE RLOD ["V" BK TO BK POSITION] turning LF (*W RF*) to face partner and bringing lead hands thru sd L, rec R to BFLY WALL, sd L, - ;
 [8] Releasing partner contact XRif (*W XLif*) comm ½ LF turn (*W RF*), rec L cont turn to fc RLOD (*W cont RF turn R to fc partner*), cl R (*W cont RF turn L to fc LOD*) to LEFT HAND STAR [M facing RLOD], - ;

9-12 UMBRELLA TURN [TO CP WALL*] ; ; ; ;

- 9-10 [9] From LEFT HAND STAR fwd L, rec R, bk L (*W bk R, rec L, fwd R turning ½ LF under joined hands*), - ;
 [10] Bk R, rec L, fwd R (*W bk L, rec R, fwd L turning ½ RF under joined hands*) to LEFT HAND STAR, - ;
- 11-12 [11] From LEFT HAND STAR fwd L, rec R, bk L (*W bk R, rec L, fwd R turning ½ LF under joined hands*), - ;
 [12] Bk R, rec L, fwd R turning ¼ LF (*W bk L, rec R, fwd L turning ¼ RF*) to CP WALL*, - ;
 *2ND time end in FACING NO HANDS JOINED COH.
 *3RD time end in FACING NO HANDS JOINED WALL.

INTERLUDE

1-3 CUCARACHA TWICE [TO BFLY COH] ; ; SIDE DRAW CLOSE ;

- 1-2 [1] In FACING NO HANDS JOINED COH and using handwork of the dancer's choice sd L, rec R, cl L, - ;
 [2] Sd R, rec L, cl R to BFLY COH, - ;
- 3 [3] In BFLY COH sd L, draw R twd L, cl R, - ;

ENDING

1-4 FENCE LINE WITH ARM SWEEP ; UNDERARM TURN TO A LARIAT TO CP [WALL] ; ; ;

- 1-2 [1] From FACING NO HANDS JOINED WALL both dancers sweeping lead hands in an arc up and twd RLOD with straight arm cross lunge thru with bent knee L looking RLOD, bringing lead hands thru twd LOD rec R to fc partner, sd L joining lead hands, - ;
 [2] Raising joined lead hands turn body slightly RF and XRib, rec L squaring body to fc partner, small sd R (*W swiveling ¼ RF on ball of supporting foot fwd L turning ½ RF, rec R turning ¼ RF to fc partner, sd L*), - ;
- 3-4 [3] Maintain contact with lead hands in place L, in place R, in place L (*W circling M CW fwd R, fwd L, fwd R*), - ;
 [4] In place R, in place L, in place R (*W cont circling M CW fwd L, fwd R, fwd L*) to CP WALL, - ;

5-6 SIDE DRAW CLOSE ; PROMENADE SWAY ;

- 5-6 [5] In CP WALL sd L, draw R twd L, cl R, - ;
 [6] Sd and fwd L blending to SCP LOD and stretching body upward looking over joined lead hands, -, relax L knee, - ; **SMILE ☺**