

# Tides A Flowing

8-person, but adaptable to 4 (square hey)

Foot Up

Right foot lead

Single step

Foot up, foot in, foot down, foot in.

Chorus

Sticking with partner - FH, BH, BH, FH

Sticking on the side - 1&3, 5&7, 2&4, 6&8. - FH, BH, BH, FH

Pause - weight on left foot behind

1&3, 5&7, 2&4, 6&8. Clash

Hey for 4. Double step, right foot lead.

Left fist up. Grunt.

3&7, 1&5, 4&8, 2&6. Clash

Left fist up. Grunt.

5&7, 1&3, 2&4, 6&8. Clash

Left fist up. Grunt.

1&5, 7&3, 4&8, 2&6. Clash

Left fist up. Grunt.

Sticking with partner - FH, BH, BH, FH

Sticking on the side - 1&3, 5&7, 2&4, 6&8. - FH, BH, BH, FH

Back to Back

Right shoulder

Sticking FH, BH, FH, BH

Left shoulder

Sticking FH, BH, FH, BH

Chorus

Cross Over

Right shoulder

Sticking FH, BH, FH, BH

Return right shoulder

Sticking FH, BH, FH, BH

Chorus

Back to Back in the line

1&3, 5&7, 2&4, 6&8

Right shoulder

Sticking FH, BH, FH, BH

Left shoulder

Sticking FH, BH, FH, BH

Chorus

Off

Cast from top to invert set

Return to musician backwards

As each pair reaches musician, turn round and dance off.