PRIMER V6.1.18

In Excel, I removed species with single occurrences and one sample with zero species. I square root transformed the values to reduce the likelihood of the plot being driven by animals with high abundance. I added the variable TIDE as High or Low. I ran a Bray-Curtis dissimilarity matrix which gave the following clusters and suggested that tide was a strong driver of community structure.

I then clustered variable (species) using Bray-Curtis dissimilarity after squre root transformation. I used the dissimilarity matrix to generate a non-metric Multidimensional Scaling (nMDS) plot (below). The X axis is the primary dirver and seems to be relative abundance. Fish on the left are high abundance with fish on the left low abundance. The Y axis seems to separate those that were common at high tide from those at low. You will have to look at your data and let me know what axis 2 represents. 