

Tic Toc

拍数: 0 墙数: 4 级数: Intermediate
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音乐: Tic Toc - LeAnn Rimes



Sequence: (SLOW A) AB (SLOW A) AB AAA AA B

PART A

ROCK RIGHT, ROCK LEFT, BEHIND & OVER, ROCK LEFT, ROCK RIGHT, BEHIND & OVER

- 1-2 Step right to the right as you move your hips to the left, recover weight on the left as you move your hips to the right
- 3&4 Step right behind left, step left to the left side, cross right over left
- 5-6 Step left to the left as you move your hips to the right, recover weight on the right as you move your hips to the left
- 7&8 Step left behind right, step right to the right side, cross left over right

ROCK, RECOVER, ½ TURN SAILOR SHUFFLE, MILITARY PIVOT, FORWARD LOCK STEP

- 1-2 Step forward on the right, recover weight on the left
- 3&4 Sweep right foot around as you pivot ½ turn right stepping back, step left beside right, step forward on the right
- 5-6 Step forward on the left, pivot ½ turn right weight ending on the right
- 7&8 Step forward on the left, step right beside left, step forward on the left

ROCK RIGHT, ROCK LEFT, BEHIND & OVER, ROCK LEFT, ROCK RIGHT, SAILOR WITH ¼ TURN LEFT

- 1-2 Step right to the right as you move your hips to the left, recover weight on the left as you move your hips to the right
- 3&4 Step right behind left, step left to the left side, cross right over left
- 5-6 Step left to the left as you move your hips to the right, recover weight on the right as you move your hips to the left
- 7&8 Sweep left foot around as you pivot ¼ turn left stepping back on the left, step right beside left, step forward on the left

MILITARY PIVOT, FORWARD LOCK STEP, MILITARY PIVOT, ½ TURN TRIPLE

- 1-2 Step forward on the right, pivot ½ turn left weight ending on the left
- 3&4 Step forward on the right, lock left behind right, step forward on the right
- 5-6 Step forward on the left, pivot ½ turn right weight ending on the right
- 7&8 Step forward on the left, pivot ½ turn right as you step right beside left, step forward on the left

PART B

SIDE, BEHIND & OVER, SIDE, BEHIND & OVER, SIDE, TOGETHER, CROSS

- 1-2&3 Step right to the right, cross left behind right, step right beside left, cross left over right
- 4-5&6 Step right to the right, cross left behind right, step right beside left, cross left over right
- 7&8 Step right to the right, step left beside right

SIDE, BEHIND & OVER, SIDE, BEHIND & OVER, SIDE, TOGETHER, CROSS

- 1-2&3 Step left to the left, cross right behind left, step left beside right, cross right over left
- 4-5&6 Step left to the left, cross right behind left, step left beside right, cross right over left
- 7&8 Step left to the left, step right beside left