

# Ticks

拍数: 32      墙数: 4      级数: Improver social cha  
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音乐: Ticks - Brad Paisley



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## CROSS, RECOVER STEPS, SIDE SHUFFLE, SHUFFLE TURNING ¼ TO THE RIGHT

1-2            Cross/rock left over right, recover on right  
3&4           Shuffle to the side left, right, left  
5-6           Cross/rock right over left, recover on left  
7&8           Turn ¼ right and shuffle forward right, left, right

## MODIFIED JAZZ BOX WITH TURN ¼ TO THE LEFT, ROCK STEP, RECOVER STEP, SHUFFLE TURNING ½ TO THE RIGHT

1-2            Cross left over right, step right back  
3&4           Turn ¼ left and shuffle forward left, right, left  
5-6           Rock right forward, recover on left  
7&8           Shuffle side turning ½ right and step right, left, right

## TOE TOUCHES, SAILOR SHUFFLES

1-2            Touch left toe forward, touch left toe to side  
3&4           Cross left behind right, step right to side, step left to side  
5-6           Touch right toe forward, touch right toe to side  
7&8           Cross right behind left, step left to side, step right to side

## ROCK STEP, RECOVER STEP, SHUFFLE TURNING ½ TO THE LEFT, MODIFIED JAZZ BOX WITH TURN ¼ TO THE RIGHT

1-2            Rock left forward, recover on right  
3&4           Shuffle to side turning ½ left and step left, right, left  
5-6           Cross right over left, step left back  
7&8           Turn ¼ right and shuffle to side stepping right, left, right

**REPEAT**

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