

Tic-Toc

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Adrian Lefebour (AUS)
音樂: Tic Toc - LeAnn Rimes



Sequence: AABB, TAG, TAG, AABB, TAG, TAG, AAA, BBBB, TAG, TAG

PART A

ROCK FORWARD ROCK BACK, CROSS BALL JACKS-GOING BACK, ROCK FORWARD ROCK BACK

- 1-2 Rock forward left, rock back right
- &3&4 Step left slightly back, cross right over left, step left slightly back, place right heel in 45degree angle
- &5&6 Step right slightly back, cross left over right, step right slightly back, place left heel in 45 degree angle
- &7-8 Step left next to right, rock forward right, rock back left

¼ SHUFFLE, ½ HINGE SHUFFLE, CROSS ROCK & CROSS ROCK

- 1&2 ¼ shuffle over your right shoulder - stepping right left right
- 3&4 ½ hinge shuffle over your left shoulder - stepping left right left
- 5-6 Cross rock right over left, rock back on left
- &7-8 Step right in place, cross rock left over right, rock back on right (end facing 9:00 wall)

½ PIVOT TURN, ½ TURN, ¼ TURN, CROSS STEP SIDE, LEFT SAILOR STEP

- &1-2 Step left in place, step right forward ½ pivot turn left
- 3-4 Step right back into ½ over left shoulder, step left into ¼ left (weight should be on left)
- &5-6 Replace weight back onto right, cross left over right, step right to right
- 7&8 Left sailor step - step left behind, step right in place, step left to left

TOGETHER, ½ MONTEREY TURN, ROCK REPLACE, RIGHT SAILOR STEP, ½ PIVOT TURN

- &1-2 Step right next to left (change weight to right), ½ Monterey turn left - point left to left, ½ left
- 3-4 Rock right to right, rock back on left
- 5&6 Right sailor - step right behind, step left in place, step right to right
- 7-8 Step left forward, ½ pivot turn right (end facing 6o'clock wall)

PART B

BUMP HIPS LEFT-RIGHT, BUMP HIPS LEFT-RIGHT-LEFT, BUMP HIPS RIGHT-LEFT, BUMP HIPS RIGHT-LEFT-RIGHT

- 1-2 Step left to left & bump hips left then right
- 3&4 Bump hips left-right-left
- 5-6 Bump hips right-left
- 7&8 Bump hips right-left-right

STEP DRAG, SHUFFLE FORWARD, ROCK REPLACE, ½ SHUFFLE

- 1-2 Step left forward, drag right next to left (change weight to right)
- 3&4 Shuffle forward left - stepping left-right-left
- 5-6 Rock forward right, rock back on left
- 7&8 ½ shuffle right - stepping right-left-right

TAG

ROCK REPLACE, LEFT SAILOR STEP, RIGHT SAILOR STEP, ½ PIVOT TURN

- 1-2 Rock left to left, replace weight onto right
- 3&4 Left sailor step - step left behind, step right in place, step left to left

5&6 Right sailor step - step right behind, step left in place, step right to right
7-8 Step left forward, ½ pivot turn right

ENDING

To finish dance do a full pivot turn to the front
