

# Time Warp

拍數: 0                      牆數: 1                      級數: Intermediate  
編舞者: Warren Mitchell (AUS) & Julie Shaw  
音樂: Time Warp - Little Nell, Patricia Quinn & Richard O'Brien



Sequence: A, A (1-48), B, C, B, A, A (1-48), B, A, B, C, B

## SECTION A

- 1-4                      Step forward right-left-right, touch left together  
5-8                      Step back left-right-left, touch right together
- 1-4                      Touch right to right, step right together making  $\frac{1}{4}$  turn to right, touch left to left, step left together  
5-8                      Touch right to right, step right together making  $\frac{1}{4}$  turn to right, touch left to left, step left together
- 1-4                      Rock right forward, step left on spot, step right together, hold  
5-8                      Rock left back, step right on spot, step left together, hold
- 1-4                      Rock right to right, step left on spot, step right over left, hold  
5-8                      Rock left to left, step right on spot, step left over right, hold
- 1-4                      Step right to right, step left behind right, step right to right, step left over right  
5-8                      Step right to right, step left behind right, step right to right, step left to left
- &1-4                      Make  $\frac{1}{2}$  turn to right, step right to right, step left over right, step right to right, step left behind right  
5&6-7-8                      Step right to right, step left over right, step right to right, touch left together
- 1-4                      Touch left toe to left, drop heel, step right together, hold  
5-8                      Touch left toe to left, drop heel, step right together, hold
- 1-4                      Twist heels to right, twist toes to right, twist heels to right, clap  
5-8                      Twist heels to left, twist toes to left, twist heels to left, clap

## SECTION B

### "Let's do the time warp again" (twice)

- 1-2                      Step right forward diagonally right (with right arm up diagonally right), hold  
3-4                      Step left forward diagonally left (with left arm up diagonally left), hold  
5-6                      Step right back to center position (with right arm on left hip), hold  
7-8                      Step left back to center position (with left arm on right hip), hold
- 1-4                      Push hips right-left-right-left  
5-8                      Push hips right-left-right-left
- 1-2                      Step right forward diagonally right (with right arm up diagonally right), hold  
3-4                      Step left forward diagonally left (with left arm up diagonally left), hold  
5-6                      Step right back to center position (with right arm on left hip), hold  
7-8                      Step left back to center position (with left arm on right hip), hold
- 1-4                      Push hips right-left-right-left

5-8 Push hips right-left-right-left

### SECTION C

#### **"It's just a jump to the left"**

1-4 Hold, jump both feet to the left, hold, hold

5-8 Hold for 4 counts

#### **"And then a step to the right"**

1-4 Touch right to right, touch right together, touch right to right, touch right together

5-8 Touch right to right, hold, hold, hold

#### **"Put your hands on your hips"**

1-4 Hold, put both hands on hips, hold, hold

5-8 Hold x 4 counts

#### **"And bring your knees in tight"**

1-4 Push knees together, push knees apart, push knees together, push knees apart

5-8 Push knees together, hold, hold, hold

#### **"It's the pelvic thrust"**

1-4 Hip thrust forward, push hips back, hip thrust forward, push hips back

5-8 Hip thrust forward, push hips back, hip thrust forward, push hips back

#### **"That really drives me insaaaaaane"**

1-4 Roll hips around in to the left direction

5-8 Roll hips around in to the left direction (finish with hips back)

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