

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)
