

Times Out

拍數: 32 牆數: 2 級數: Improver
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音樂: Tick Tock (Beat The Clock) - Rainie Yang : (Chinese or Japanese versions)



Intro: Start after 16 counts or start on vocal
Note: Have fun with YOUR OWN ATTITUDES !

(S1) □□ Extended Chasse Right, Chest Bump, Side, Hold

1-2 Step R to R, step L beside R
3-4 Step R to R, step L beside R
5- 8 Chest bump x2, step R to R and L toe up, hold

(S2) □□ Extended Chasse Left, Chest Bump, Side, Hold

1-2 Step L to L, step R beside L
3-4 Step L to L, step R beside L
5-8 Chest bump x2, step L to L and R toe up, hold

(S3) □□ Heel Grind, R Coaster, Heel Touch, Hold, Together, Touch Behind, ½ Turn R

1-2 Touch R heel in front, twist R toe from L to R
3&4 Step R back, step L beside R, step R forward
5-6 Touch L heel forward, hold
7&8 Step L beside R, touch R behind, ½ turn R weight on L (6)

(S4) □□ 2x Diagonal Back-Touch-Side-Touch (Zigzag Pattern)

1-2 Step R back to Right diagonal, touch L beside R
3-4 Step L to Left side, touch R beside L
5-6 Step R back to Right diagonal, touch L beside R
7-8 Step L to Left side, touch R beside L

BRIDGE (36 counts) : Add bridge during Wall 5 (Facing 6.00) * Then RESTART (12.00)

(S1) □□ Cross, Unwind ½ L

1-4 Cross R over L, unwind ½ turn L to 12.00 (weight on L)

(S2) □□ Push Should R & L, Side, Hold, L Reverse Rocking Chair

1-2 Step R to R side (push shoulder to R), recover on L (push shoulder to L)
3-4 Step R to R, hold
5-8 Rock L back, recover on R, rock L forward, recover on R

(S3) □□ Push Shoulder L & R, Side, Hold, R Reverse Rocking Chair

1-2 Step L to L side (push shoulder to L, recover on R (push shoulder to R)
3-4 Step L to L, hold
5-8 Rock R back, recover on L, rock R forward, recover on L

(S4 & S5) □□ Side, Together, Side, Together, Paddle ¼ L x2

1-2 Step R to R side, step L beside R
3-4 Step R to R side, step L beside R
5-8 Step R forward, ¼ turn L step on L (9), step R forward, ¼ turn L step on L (6)

Tags □: □ Add 8 counts tag at end of Wall 1 (6.00), end of Wall 2 (12.00), end of Wall 3 (6.00), end of Wall 7 (12.00)

1 - 4 Hold 4 counts in place (add your own hand styling)
5, 6, 7&8 Rock R forward, recover on L, step R together L, chest bump twice

HAVE FUN AND ENJOY!
