

# TIC- TOC

Choreographed by Rick Dominguez

4 – Wall Line Dance

Music: 4 Minutes – Madonna ft. Justin Timberlake (extended mix)

## LEFT JAZZ BOX, LEFT CROSS OVER, RIGHT CROSS OVER

- 1-4 cross left foot over right, step back on right, step left foot to left side, cross right foot over left.
- 5&6 step left foot out to left side, step back to right foot, cross left over right foot.
- 7&8 step right foot out to right side, step back to left foot, cross right over left foot.

## ROCK LEFT FOOT FOREWORD, BACKWORD, LEFT HITCH, COASTING STEP

- 9-12 rock left foot foreword, recover on right, rock left foot backwards, recover on right.
- 13-16 step left foot foreword, hitch left knee, bring left foot back in place as you do a left, right left coasting step.

## DOUBLE RIGHT HITCH HALF TURN, COASTING STEP

- 17-20 take right knee up and hitch on count 17, pivot around half turn right as your right foot comes back down, but not touching or taking weight (like a pendulum) and swings back up on count 18 facing the back wall (weight remains on your left foot during the half pivot turn right), step right, left right coasting step on counts 19& 20.

## TOUCH LEFT TO LEFT SIDE, TAP, KICK BALL CHANGE OVER RIGHT FOOT

- 21-24 touch left foot to left side, tap left heel on count 22, kick left foot over right foot, take weight on left foot, shift weight back to right foot.

25-40 REPEAT STEPS 1-16 (CALLING THIS THE SECOND HALF)

## RIGHT TAP, COASTING STEP, LEFT TAP COASTING STEP (HAND PUMP)

- 41-44 touch right foot foreword, tap right heel, step back in place right, left, right coasting step. (As you step out on right foot on count 41, take both hands in front of you and on 42 pull them in as if your pumping)
- 45-48 touch left foot foreword, tap left heel, step back in place left, right, left coasting step. (use the same hand pump on 45 and 46)

## SYNCOPATED HEEL TOUCH'S

- 49-52 touch right heel foreword on count 49, bring back in place taking weight on &, touch left heel foreword on count 50, bring back in place taking weight on &, touch right heel foreword on count 51, bring back in place taking weight on &, touch left heel foreword on count 52, bring back in place but do not take weight on &.

**STEP LEFT AND ROCK & ROLL, COASTING STEP**

53-60        step left foot foreword or slightly at a left angle as you start hip rock or pump foreword and back for 4 counts (similar to a tush push). Start a body roll on count 57 and 58, (again, similar to a tush push), bring left foot back in place left, right, left coasting step on 59&60.

**RIGHT HEEL TWIST, COASTING STEP, LEFT HEEL TWIST, ¼ TURN, COASTING STEP**

61-64        take right heel foreword, twist right heel towards the right, recover doing a right, left, right coasting step.

65-68        take left heel foreword, twist left heel towards the left as you pivot ¼ turn to the left on count 66, recover doing a left, right, left coasting step.

**TOUCH RIGHT FOREWORD, SIDE, COASTING STEP**

69-72        touch right foot foreword, touch right foot to right side, bring right foot back doing a right, left, right coasting step.

**TOUCH LEFT TO SIDE, RIGHT TO SIDE, LEFT TO SIDE, KICK BALL CHANGE**

73-80        touch left foot to left side on 73, hold on 74, bring back in place as you shift weight to touch right to right side on 75, hold on 76, bring back in place as you shift weight to touch left to left side on 77, tap left heel on 78, kick left across right foot doing a kick ball change on 79& 80. (note: this the same kick ball change we do in the first half of the dance, so this closes the dance as well)

**START OVER**