

TIC TOC

4-wall line dance

Music: "4 Minutes" – Madonna f. Justin Timberlake

count step

- 1, 2 Cross L over R, step R back
3, 4 Step L to left, cross R over L
5&6 Side rock L to left, recover on R, cross L over R
7&8 Side rock R to right, recover on L, cross R over L
- 9, 10 Rock L forward, recover on R
11, 12 Rock L back, recover on R
13, 14 Touch L heel forward, hitch L knee
15&16 Step L back, step R together, step L forward
- 17 Hitch R knee
&18 Pivot ½-turn to the right while lowering and raising R knee
19&20 Step R back, step L together, step R forward
- 21, 22 Touch L toe to left, press L heel down
23&24 Kick L over R, step L next to R, step R next to L
- 25-40 Repeat steps 1-16
- 41, 42 Touch R heel forward [hands out], pump body forward [pump hands in]
43&44 Step R back, step L together, step R forward
45, 46 Touch L heel forward [hands out], pump body forward [pump hands in]
47, 48 Step L back, step R together, step L forward
- 49& Touch R heel forward, step R next to L
50& Touch L heel forward, step L next to R
51& Touch R heel forward, step R next to L
52& Touch L heel forward, lift L
- 53, 54 Step L forward and thrust hips forward and up, thrust hips forward and down
55, 56 Thrust hips forward and up, thrust hips forward and down
57-58 Body roll
59&60 Step L back, step R next to L, step L forward
- 61, 62 Dig R heel forward, twist R heel right
63, 64 Step R back, step L together, step R forward
65, 66 Dig L heel forward, twist L heel left with ¼-turn to the left
67&68 Step L back, step R next to L, step L forward
- 69, 70 Touch R heel forward, touch R to the right
71&72 Step R back, step L next to R, step R forward
- 73, 74 Touch L to the left, (hold)
&75,76 Step L next to R, touch R to the right, (hold)
&77,78 Step R next to L, touch L to the left, press L heel down
79, 80 Kick L over R, step L next to R, step R next to L