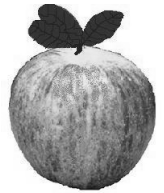


# Tick Tock

**Music:** Clean Bandit and Mabel CD Tick Tock  
**Choreo:** Yvonne Cox, e-mail: [ycox@ecta.de](mailto:ycox@ecta.de) Tel: +44 (0)8445 888851  
**Event:**

**Level:** Int  
**Time:** 2.58  
**BPM:** 104



**Sequence:** **A B C D E C D\* B E\* C D\*\***

**Intro:** Wait 16 beats

**Date:** Sept 2020

**Part A:**

McNamara H(ots) BA BA(xib) BA(ots) H(ots) BA S(xib)  
 L L R L R R L  
 1 & 2 & 3 & 4

Triple DS DS DS RS  
 R L R LR  
 &1 &2 &3 &4

**REPEAT this sequence 4 times turning the Triple,  $\frac{3}{4}$ ,  $\frac{1}{2}$ ,  $\frac{1}{2}$  1/4**

**Part B:**

[turn  $\frac{1}{2}$  L]  
 2 Flip DS Sl S DS DS Sl S DS RS BR/Up  
 Flop L L R L R R L R LR L L  
 &1 & 2 &3 &4 & 5 &6 &7 & 8

**REPEAT to face the front**

**Part C:**

High DS DT(xif) H DT(unx) H RS BA/H UP/SL DS DS RS  
 Horse L R L R L RL R L L R L R LR  
 &1 & 2 & 3 &4 & 5 &6 &7 &8

Karate DS DS DS KK(1/2L) H BA/H UP/SL DS DS RS  
 Split L R L R L R L L R L R LR  
 &1 &2 &3 & 4 & 5 &6 &7 &8

**REPEAT to face the front**

**Part D:**

[1/4 L]  
 Rocking DS BR UP/H DS Tw Tw (twist both heels to left then right)  
 Chair L R R L R LR LR  
 Twist &1 & 2 &3 & 4

Fancy DS DS(xif) BA(ots) BA(xib) BA(ots) S turn  $\frac{1}{4}$  Left  
 Run L R L R L R  
 &1 &2 & 3 & 4

**REPEAT to face the front**

2 Basketball S(if) PVT (1/2 R) S  
 Turn L R  
 1 2

**Psrt E:**

Slipping DS SL FL S(xib) DS DS(xif) DS SL FL S(xib) DS RS  
 Flap L L R R L R L L R R L RL  
 Vine R R L L R L R R L L R LR  
 &1 & a 2 &3 &4 &5 & a 6 &7 &8

Rhythm DS DT S S DS Br/Up Fl(xif) S DS DT S S DS Br/Up Fl(xif) S  
 Brush Back R L L R L R R R R L R R L R L L L L  
 L R R L R L L L L R L L R L R R R R  
 &1 e a 2 &3 e & a 4 &5 e a 6 &7 e & a 8

**REPEAT on opposite side**

**Part D\*:**

[1/4 L]

Rocking DS BR UP/H DS Tw Tw (twist both heels to left then right)  
 Chair L R R L R LR LR  
 Twist &1 & 2 &3 & 4

Fancy DS DS(xif) BA(ots) BA(xib) BA(ots) S turn ¼ Left  
 Run L R L R L R  
 &1 &2 & 3 & 4

**REPEAT to face the front**

**Part E\*:**

2 Slipping DS SL FL S(xib) DS DS(xif) DS SL FL S(xib) DS RS  
 Flap L L R R L R L L R R L RL  
 Vine R R L L R L R R L L R LR  
 &1 & a 2 &3 &4 &5 & a 6 &7 &8

**Part D\*\*:**

[1/4 L]

Rocking DS BR UP/H DS Tw Tw (twist both heels to left then right)  
 Chair L R R L R LR LR  
 Twist &1 & 2 &3 & 4

Fancy DS DS(xif) BA(ots) BA(xib) BA(ots) S turn ¼ Left  
 Run L R L R L R  
 &1 &2 & 3 & 4

**REPEAT this three more times to end up facing front**

**Cue Card, wait 16 beats**

- A MacNamara, Triple (do this 4 times, turn triple ¾ , ½, ½, ¼)
- B 2 Flip Flop
- C High Horse, Karate Split REPEAT
- D Rocking Chair Twist ¼, Fancy Run ¼ REPEAT  
2 Basket Ball turns.
- E Slipping Flap Vine, Rhythm Brush Back REPEAT
- C High Horse, Karate Split REPEAT
- D\* Rocking Chair Twist ¼, Fancy Run ¼ REPEAT
- B 2 Flip Flop
- E\* 2 Slipping Flap Vine.
- C High Horse, Karate Split REPEAT
- D\*\* Rocking Chair Twist ¼, Fancy Run Repeat this 4 times