



ROUTINE NAME: TTC Advanced Hip Hop

SONG TITLE: Tik-Tok Mix

ARTIST/ARRANGER:

INSTRUCTOR NAME: Shaq Mouton

8 jump on 1 hit left shoulder, squat 2, pop left hip 3 clap pull to the right 4&5 roll arms 6
broken T 7 point with right finger 8
8 snake forward 12 back and snap 34 lean forward 5 lean right 6 cross arms 7 throw right
arm 8
8 parts 135 tap right foot back 12 kick and throw 3 step left 45 dip 6 lift left leg 7 squat
hands on left knee 8
8 pop right hip 12 isolate chest 34 breathe 56 twist heels freestyle 78
8 woah 12 jump out in and clap 34 roll right hip 56 left 78
8 pony to change formation with arms 1234 snap cross and uncross arms 56 pat hips 78
8 roll right hip up 12 right knee to ground to roll to stand 3-8
8 arms out 1 pull left arm to left hip 23 replace feet &4 right arm out 5 left 6 shake right
shoulder 78
8 parts 135 groove body roll 1234 cross arms feet out in 56 arms up down 78
8 isolate chest arms out 12 replace feet 34 dip around to front 5678
8 roll hips arms in face 1234 drop and roll to back 5678
8 parts continue
4 dip to front 1 up 2 touch shoulders 3& arms up 4
8 hit arms up slowly pull down moving 1234 slide to right 5 snap 6 slide to left 7 snap 8
8 cross arms ball change 1&2 punch up down &3 pop chest 4 left arm up 5 down 6 repeat
on right 78
8 parts 135 smeeze forward 12 34 56 through elbows left right 7& right arm up 8
8 walk backwards shaking right fist 1-8
8 tap right foot forward back 12 snake forward and run 3& snap 4 sway back 567 snap and
turn 8
8 walk 12 through left around 3 arms circle 4 shake hips with elbows 5 6 7 close 8
2 pop chest twice and pose