

# ROUTINE BREAK-DOWN

Song Name: TIC TAC by Carrapicho

Dance Style: Amazon Tribal Dance

Beats per minute: 112

Rhythm: 1, 2, 3, 4, 5, 6, 7, 8

Component: Cardiovascular

## Steps & Movements

Footwork	Foot Placement	Arm Styling	Body Movements	Beat value
<p><b>'Beat The Drums'</b></p> <p>Split weight RF and LF TW to RF Tap LF Split weight RF and LF TW to LF Tap RF</p> <p style="text-align: center;">x2</p>	<p>Ball Heel</p> <p>Ball Ball Heel</p> <p>Ball</p>	<p>When split weight, alternating points downwards-(M)</p> <p>Reach up diagonally when transferring weight.</p>	<p>Bent knees when split weight, straighten when transferring.</p> <p>Rotating upper body throughout.</p>	<p>Slow</p> <p>Slow</p> <p>Slow</p> <p>Slow</p>
<p><b>Four Step, Swivels and Hip Dips</b></p> <p>Weight on LF, Step RF to right Step LF to left</p> <p style="text-align: center;">x2</p> <p>Weight on LF, TW to RF with 1/8 turn TW to LF with 1/8 turn</p> <p>Close LF to RF Step RF to right Close RF to LF Step LF to left</p>	<p>Ball Heel Ball Heel</p> <p>Ball Heel Ball Heel</p> <p>Ball Heel Ball Heel Ball Heel Ball Heel</p>	<p>1- Arms move in circular motion 2- Arms form L shape at elbow.</p> <p>Fists at chest height.</p> <p>Arms above head waving throughout.</p>	<p>Circular action throughout.</p> <p>Pulsating Body Movement throughout.</p> <p>Bend both knees when stepping to side.</p>	<p>Slow</p> <p>Slow</p> <p>Slow</p> <p>Slow</p> <p>Slow</p> <p>Slow</p> <p>Slow</p>
<p><b>Pivots</b></p> <p>Weight on LF, RF points forward RF points to side RF points back RF points to side RF points forward RF points to side RF points back RF closes to LF (repeat on LF pointing)</p> <p style="text-align: center;">x2</p>	<p>Ball Ball Ball Ball Ball Ball Ball Ball Heel</p>	<p>Each time the foot points the arms swings from elbow, outwards to the direction of point.</p>	<p>Upper body Rotation throughout.</p> <p>Swivel on supporting foot to allow Upper Body Rotation.</p>	<p>Slow</p> <p>Slow</p> <p>Slow</p> <p>Slow</p> <p>Slow</p> <p>Slow</p> <p>Slow</p> <p>Slow</p>

## Music Map

Section	No of Bars	Beats per bar	Associated Footwork
Intro	2	8	Beat The Drums
Chorus	4	8	Four Step, Swivels and Hip Dips
Verse	5	8	Pivots
Chorus	8	8	Four Step, Swivels and Hip Dips
Bridge	4	8	Beat The Drums
Chorus	4	8	Four Step, Swivels and Hip Dips
Verse	5	8	Pivots
Bridge	4	8	Four Step with Beat The Drums
Chorus	8	8	Four Step, Swivels and Hip Dips