

Triple Va

Count: 32

Wall: 4

Level: Improver

Choreographer: John Woodhouse (USA) - February 2025

Music: Hol it Now - Dame-O



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

Dance starts after singing says "hol it now" and drums start.

WEAVES TO RIGHT AND LEFT

- 1&2&3&4& Cross left over right, step on right, step left behind, right, left front, right, kick left foot, step on left
- 5&5&7&8 Cross right over left, step on left, step right behind, left, right front, left, kick right foot, step on right

EASY TURN RIGHT, TWO SAILORS/HOOD WALKS BACK

- 1 2 Step left foot behind right, make half turn tight stepping on right
- 3 4 Repeat steps 1-4 to return to front
- 5&6 7&8 Left sailor, right sailor

STEP, RIGHT HINGE HALF TURNS, LIFTS/CLAPS

- 1 2 Step on right foot pivoting to right completing half turn, lift/kick left foot/clap
- 3 4 Step on left still facing back wall, lift/kick right foot/clap
- 5 6 7 8 Repeat steps 1-4 above to return to front wall

STEP POINTS TO FRONT

- 1 2 3 4 Point right foot front, recover on right, point left foot front, recover on left
- 5&6& Bouncing on left foot tap right foot twice, kick right foot front, step on right
- 7 8 Point left foot back, pivot quarter turn left

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