

# Jamaican Triple Step

Count: 32

Wall: 0

Level:

Choreographer: Ron Boorman

Music: Hands Up (Give Me Your Heart) - Ottawan



For variation, try contra lines starting back to back.

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|-------|--|
| 1&2   | Left shuffle to left (left-right-left)               |
| 3-4   | Rock back on right, rock forward on left             |
| 5&6   | Right shuffle to right (right-left-right)            |
| 7-8   | Rock back on left, rock forward on right             |
| 9&10  | Left shuffle forward                                 |
| 11-12 | Step forward right ½ turn left, in place left        |
| 13&14 | Right shuffle forward                                |
| 15&16 | Left shuffle forward                                 |
| 17&18 | Right shuffle forward                                |
| 19-20 | Step forward left ½ turn right, in place right       |
| 21-22 | Rock forward left, rock back right                   |
| 23&24 | Shuffle in place (left-right-left)                   |
| 25-26 | Rock back on right, forward left turning ½ turn left |
| 27&28 | Shuffle in place (right-left-right)                  |
| 29-30 | Rock back on left, forward on right                  |
| 31-32 | Left together with right, clap                       |

**REPEAT**

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