

Triple Beat

拍数: 64 墙数: 4 级数: Phrased Improver
编舞者: Arefen Ben Djunaed (INA) - July 2018
音乐: 3 Daqat (feat. Yousra) - Abu



(Sequence: A, A, A, B, A, A, A, B, A, A, A, B, B, A)

Alternative music : 3 Daqat (Disco Misr Official Remix) (sequence: A, A, A, B, A, A, A, B, B, A, A, A)

Start Dancing on Vocal

A.

I. Rock, Back Lock Shuffle, Traveling Full Turn, Coaster Cross

1-2 Rock R forward – Recover on L
3&4 Step R back – Ball L over R – Step R back
5-6 Turn ½ left stepping L forward – Turn ½ left stepping R back
7&8 Sweep L behind R – Step R side – Cross L over R

II. Rock, Cross Shuffle, Rock, Syncopated Cross Shuffle

1-2 Rock R side – Recover on L
3&4 Cross R over L – Ball L to side – Cross R over L
5-6 Rock L side – Recover on R
7&8 Step L behind R – Step R side – Step L forward

III. Forward Lock, Lock Shuffle, Rock, Turn Coaster

1-2 Step R forward – Lock L behind R
3&4 Step R forward – Lock L behind R – Step R forward
5-6 Rock L forward – Recover on R
7&8 Turn ¼ left sweeping L behind R – Step R side – Step L side

IV. Step Diagonal (Sway), Hip Bump

1-2 Rock R diagonal forward and sway R hip – Recover on L sway L hip
3&4 Bump R hip – Bump L hip – Bump R hip (option: Step R forward, Ball L beside R, Step R forward)
5-6 Rock L diagonal forward and sway L hip – Recover on R sway R hip
7&8 Bump L hip – Bump R hip – Bump L hip (option: Step L forward, Ball R beside R, Step L forward)

B.

I. Side Close 4x, Touch

1-2 Step R side - Close L together (sway or belly dance style, raise your hand following the rhythm)
3-4 Step R side - Close L together (sway or belly dance style, raise your hand following the rhythm)
5-6 Step R side - Close L together (sway or belly dance style, raise your hand following the rhythm)
7-8 Step R side - Touch L beside R (sway or belly dance style, raise your hand following the rhythm)

***note: change your dance style when use alternative music**

II. Cross Rock 2x (Opposite), Pivot, Chasse Turn

1&2 Cross rock L over R – Recover on R – Step L to side
3&4 Cross rock R over L – Recover on L – Turn ¼ right stepping R forward

5-6 Step L forward – Turn ½ right moving weight on R
7&8 Turn ¼ right stepping L to side – Close R together – Step L side

III. Cross Rock 2x (Opposite), Pivot, Chasse

1&2 Cross rock R over L – Recover on L – Step R to side
3&4 Cross rock L over R – Recover on R – Turn ¼ left stepping L forward
5-6 Step R forward – Turn ½ left moving weight on L
7&8 Turn ¼ left stepping R to side – Close L together – Step R side

IV. Cross Rock, Touch, Hold, Sway

1&2 Cross rock L over R – Recover on R – Step L to side
3-4 Touch R beside L – Hold
5-8 Sway on R – L – R – L

No Tag, No Restart.

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