

# 3 Daqat

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Anthony Kusanagi (INA) - April 2023  
音乐: 3 Daqat (feat. Yousra) - Abu



## NO TAG, NO RESTART

Start dancing after 64 counts since the music has begun.

### I. SIDE STEP TO RIGHT WITH HIP ROLL ACTION – HIP BUMP – SIDE STEP TO LEFT WITH HIP ROLL ACTION – HIP BUMP

- 1-3            Rf step to right side(1), Lf step closed next to Rf (2), Rf step to right side(3)  
4              make a two-ways bumpings on L hip(4)  
5-7            Lf step to left side(5), Rf step closed next to Lf(6), Lf step to left side(7)  
8              make a two-ways bumping on R hip(8)

**Note: Dance the Counts 1-3 and 5-7 with Hip Swaying Action.**

### II. TURN ¼ TO RIGHT CROSSING SHUFFLE – TURN ½ TO LEFT CROSSING SHUFFLE

- 1-3            turn ¼ to right (03.00) then Rf crossed over Lf(1), Lf step to left side(2), Rf crossed over Lf(3)  
4              hold(4)  
5-7            turn ½ to left (09.00) then Lf crossed over Rf(5), Rf step to right side(6), Lf crossed over Rf(7)  
8              hold(8)

**Note: Optional Actions On Count 4 and 8, instead of doing a Hold only, you can add hip-bumping action as below:**

- 4              hold while make a hipbumping action to right side(4)  
8              hold while make a hipbumping action to left side(8)

### III. FORWARD TOUCH – HIP ROLL – TURN ½ ARABIAN PADDLE

- 1              Rf touch forward on ball(1)  
2-4            make clock-wise rolling on R hip 3(three) times(2-3-4)  
5-6            Rf touch forward on ball then make a turn ¼ to left facing 06.00(5), recover to Lf(6)  
7-8            Rf touch forward on ball then make a turn ¼ to left facing 03.00(7), recover to Lf(8)

### IV. BACKWARD WALK WITH SHIMMY – FORWARD TOUCH – LEAN BACK – SHOULDER ROLL

- 1-4            backward walk with shimmies action on Rf(1), Lf(2), Rf(3), Lf(4)  
5              Rf touch forward on toe(5)  
6-8            hold while upper body lean backward and make shoulder rolls backward for 2(two), counts(6-7), upper body back to normal standing position while rolling the shoulder(8)

## ENJOY THE DANCE

For more information, please contact me on:  
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