

Three-Alarm

拍数: 64 墙数: 2 级数: Advanced contra dance
编舞者: John Elliott (USA)
音乐: Two Step or Polka music between 180 and 240 bpm



Position: (Well, actually, one wall and two corners), Begin in contra lines facing each other. Two Sides, referred to as Side One and Side Two

FIRST ALARM!

FIRST CALL & RESPONSE

1) CALL, SIDE ONE, ONLY

- 1 Left foot stomp up
- & Left foot stomp up
- 2 Hands clap
- a Hands clap
- & Left foot stomp up

- 3 Left foot stomp up
- & Left foot/right foot lift left knee and scoot to left on ball of right foot-you are now facing the space between the person you began facing and your partner.
- 4 Left foot stomp down next to right foot
- & Hands clap

MIRROR OF PREVIOUS SEQUENCE

- 5 Right foot stomp up
- & Right foot stomp up
- 6 Hands clap
- a Hands clap
- & Right foot stomp up

- 7 Right foot stomp down
- & Right foot/left foot turn $\frac{1}{4}$ to left on heel of left foot and ball of right foot (military turn)
- 8 Right foot stomp down next to left foot

2) RESPONSE, SIDE TWO, ONLY (EXACT MIRROR OF PREVIOUS TWO PATTERNS)

- 1 Left foot stomp up
- & Left foot stomp up
- 2 Hands clap
- a Hands clap
- & Left foot stomp up

- 3 Left foot stomp up
- & Left foot/right foot lift left knee and scoot to left on ball of right foot-you are now facing the space between the person you began facing and your partner.
- 4 Left foot stomp down next to right foot
- & Hands clap

MIRROR OF PREVIOUS SEQUENCE

- 5 Right foot stomp up
- & Right foot stomp up
- 6 Hands clap
- a Hands clap

- & Right foot stomp up
- 7 Right foot stomp down
- & Right foot/left foot turn $\frac{1}{4}$ to left on heel of left foot and ball of right foot (military turn)
- 8 Right foot stomp down next to left foot

FIRST TUTTI (BOTH SIDES, SIMULTANEOUSLY)

3) CROSS-ROCK & TRAVELING PIVOT

BODY FACING 9:00 WHILE YOU MOVE SIDEWAYS TOWARD 12:00

- 1 Right foot step to right side
- & Left foot cross-step over right foot
- 2 Right foot step to right side
- & Right foot turn $\frac{1}{4}$ to right on ball of right foot, hooking left foot behind right calf-you are now facing 12:00 again
- 3 Left foot join your left hand to your partner's left hand and cross-rock forward over right foot
- & Right foot with weight rocked forward onto left foot and against left hand, lift right foot from floor
- 4 Right foot step down backward, using joined hands to push you into next move
- & Right foot letting go of left hands, turn $\frac{1}{2}$ to left on ball of right foot (feet still crossed as left foot comes off floor) to face 6:00

TWO STEP AWAY & PIVOT TURN

- 5 Left foot step forward ("quick")
- & Right foot step forward, passing left foot ("quick")
- 6 Left foot step forward ("slow")
- & Right foot follow-through forward past left foot
- 7 Right foot step forward, left foot still extended behind ("slow")
- & Right foot turn $\frac{1}{2}$ to left on balls of both feet, weight staying on right foot-you are now facing 12:00 again
- 8 Left foot step forward

SIDE ONE:

- & Right foot touch toe next to left foot, clap hands once

SIDE TWO ONLY (SIDE TWO TAKES THE LEAD NOW, SO THEIR LAST STEP OF THIS PATTERN IS DIFFERENT):

- & Right foot follow-through forward past left foot

SECOND ALARM!

SECOND CALL & RESPONSE

4) CALL: SIDE TWO ONLY-OLD-FASHION TWO STEP & $\frac{5}{8}$ TURN RIGHT

- 1 Right foot step forward ("quick")
- & Left foot step forward to 3rd position (left instep against right heel) ("quick")
- 2 Right foot small step forward ("slow")
- & Left foot follow-through forward past right foot
- 3 Left foot step forward ("quick")
- & Right foot step forward to 3rd position (right instep against left heel) ("quick")
- 4 Left foot small step forward ("slow"), right foot still extended behind-you should be between two people in opposing side, your left shoulder next to your partner's left shoulder
- a Left foot turn $\frac{5}{8}$ to right on ball of left foot, using your right foot somewhat as a push step, so that you end facing corner 1!
- & Right foot step down next to left foot-you are now facing both the corner of the dance floor and your partner's left shoulder

RESPONSE - SIDE ONE ONLY-OLD-FASHION TWO STEP & 5/8 TURN RIGHT

- 5 Right foot step forward ("quick")
- & Left foot step forward to 3rd position (left instep against right heel) ("quick")
- 6 Right foot small step forward ("slow")
- & Left foot follow-through forward past right foot

- 7 Left foot step forward ("quick")
- & Right foot step forward to 3rd position (right instep against left heel) ("quick")
- 8 Left foot small step forward ("slow"), right foot still extended behind-you should now be where your partner stood, in the opposing side's position (facing away from the other side)
- a Left foot turn 5/8 to right on ball of left foot, using your right foot somewhat as a push step, so that you end facing the corner 1
- & Right foot step down next to left foot-you are now facing both the corner of the dance floor and your partner's left shoulder

THIRD CALL & RESPONSE

5) CALL: SIDE TWO ONLY-HOOK COMBINATION & JAZZ TRIANGLE

- 1 Left foot touch heel forward
- & Left foot hook lower leg over right knee
- 2 Left foot touch heel forward
- & Left foot small step backward

- 3 Right foot cross-step over left foot
- & Left foot step backward, behind right foot
- 4 Right foot step diagonal forward, replacing right foot where it stood during the first four counts of this call sequence
- & Left foot stomp down next to right foot

RESPONSE - SIDE ONE ONLY-HOOK COMBINATION & JAZZ TRIANGLE

- 5 Left foot touch heel forward
- & Left foot hook lower leg over right knee
- 6 Left foot touch heel forward
- & Left foot small step backward

- 7 Right foot cross-step over left foot
- & Left foot step backward, behind right foot
- 8 Right foot step diagonal forward, replacing right foot where it stood during the first four counts of this call sequence
- & Left foot stomp down next to right foot

6) SECOND TUTTI (BOTH SIDES SIMULTANEOUSLY): ROCK & COASTER STEP VARIATION

- 1 Right foot rock step forward
- & Left foot rock step backward
- 2 Right foot step together (replace)
- & Left foot rock step forward

- 3 Right foot rock step backward
- & Left foot small step backward
- 4 Right foot step together next to left foot
- & Left foot step forward

LOCK-STEPS & 5/8 TURN RIGHT

- 5 Right foot step forward
- & Left foot lock-step behind right foot

- 6 Right foot step forward
- & Right foot turn $\frac{1}{4}$ to right on ball of foot (beginner $\frac{5}{8}$ turn)
- 7 Left foot step to side
- & Left foot turn $\frac{3}{8}$ to right on ball of foot, hooking right foot over left knee- (completing $\frac{5}{8}$ turn) you are now facing corner 2!
- 8 Right foot rock step forward
- a Left foot rock step backward
- & Right foot swing foot around behind left foot

THIRD ALARM!

THIRD TUTTI (GRAND TUTTI -- BOTH SIDES SIMULTANEOUSLY TO END)

7) SAILOR STEP & CROSS-ROCK

- 1 Right foot cross-step behind left foot, leaning body to left
- & Left foot step next to right foot (straightening up)
- 2 Right foot diagonal-step forward to right (45 degrees) while still facing corner 2
- & Left foot follow-through diagonal forward to right past right foot (45 degrees)
- 3 Left foot cross-rock-step over right foot (45 degrees) while still facing corner 2
- & Right foot hook behind left leg & slap boot with left hand
- 4 Right foot step down backward (replace) to position where foot was in step 3 of this sequence
- & Left foot kick forward toward corner 2 & clap hands once

MIRROR OF PREVIOUS SEQUENCE

- 5 Left foot cross-step behind right foot, leaning body to right
- & Right foot step next to left foot (straightening up)
- 6 Left foot diagonal-step forward to left (45 degrees) while still facing corner 2
- & Right foot follow-through diagonal forward to left past left foot (45 degrees)
- 7 Right foot cross-rock-step over left foot (45 degrees) while still facing corner 2
- & Left foot hook behind right leg & slap boot with right hand
- 8 Left foot step down backward (replace) to position where foot was in step 3 of this sequence
- & Right foot kick forward toward corner 2 & clap hands once

8) SHUFFLE & SCOOT

- 1 Right foot step forward
- & Left foot step forward to 3rd pos.
- 2 Right foot small step forward
- & Right foot/left foot scoot forward on ball of right foot while hitching left knee
- 3 Left foot step forward
- & Right foot step forward to 3rd pos.
- 4 Left foot small step forward
- & Left foot/right foot scoot forward on ball of left foot while hitching right knee

TWIST STEPS

- 5 Right foot lunge forward with bent knee
- & Right foot/left foot straighten up and push backward with right foot while twisting on ball of foot $\frac{1}{4}$, lifting left foot off floor in slight hitch while clapping hands once
- 6 Left foot step down (replace) with lunge to left side, knee bent
- & Left foot/right foot straighten up and push sideways with left foot while twisting on ball of foot $\frac{1}{2}$ to face corner 2 once more, lifting right foot off floor in slight hitch while clapping hands once-you are now facing your new "wall" (corner 2)

- 7 Right foot lunge step to right side, knee bent
- & Left foot straighten up as you stomp down (replace)
- 8 Right foot stomp down next to left foot
- & Hold clap hands once

REPEAT

The basic sequences that make up this dance are not particularly difficult; what creates the three-alarm fire of confusion is the interplay of call and response and the fact that this dance faces corners as well as walls-and that the wall/corner sequences changes three times (Wall, Corner, Corner; Corner, Wall, Corner; Corner, Corner, Wall).

- 1 First time through: wall, corner 1, corner 2
 - 2 Second time through: corner 2, wall, corner 1
 - 3 Third time through: corner 1, corner 2, wall
- Repeat sequence until song ends

Tip 0: Although there are 128 beats of music to the complete sequence, each person only has to learn 96 counts, the remaining 32 counts being spent waiting for the other side to finish either their call or response. Because of the speed of the music used for this dance, I have counted it at half-time, therefore $128 = 64$. And each person only has to learn 48 counts!

Tip 1: Before you learn this dance, walk everyone through the pattern this makes on the floor. Do this as a line dance so everyone learns the basic structure of this dance. (Use the Walk-Through Pattern, below.) Do three repetitions ((First Time) Wall, Corner 1, Corner 2; (Second Time) Corner 2, Wall, Corner 1; (Third Time) Corner 1, Corner #, Wall) so everyone sees the overall structure. Do this until everyone is comfortable with the structure of the dance.

Tip 2: Once you have done Tip 1, above, make two opposing lines (contra). Now walk everyone through the dance so that they can see how both sides intermingle. Again, do this until everyone is satisfied they are comfortable with this structure and can learn the dance with a minimum of fuss.

Tip 3: Ignore these tips at your own risk...
