

Jamaican Triple Step

COPPER KNOB
STEPPERS

拍数: 32 墙数: 0 级数:
编舞者: Ron Boorman
音乐: Hands Up (Give Me Your Heart) - Ottawan



For variation, try contra lines starting back to back.

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 $\frac{1}{2}$ 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 $\frac{1}{2}$ 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 $\frac{1}{2}$ 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
