

# Triple M

拍数: 48      墙数: 4      级数: Improver  
编舞者: Max Perry (USA), Michele Perron (CAN) & Maurice Rowe (USA) - October 2008  
音乐: You Keep Me Hangin' On (The Almighty Remix) - The Supremes



OR - any other version of the song.

## Diagonal Forward Step w/ Heel Toe Swivel, Diagonal Forward Step w/ Heel Toe Swivel

- 1                    Step R diagonally forward & extend R arm forward, palm up (think "Stop in the name of love")  
2,3,&4            Twist L heel in and up toward R, Twist L toe in, Twist L heel in, Twist L toe in (feet end up together in 3rd position) weight on R  
5                    Step L diagonally forward & extend L arm forward, Palm up  
6,7,&8            Twist R heel in and up to L, Twist R toe in, Twist R heel in, Twist R toe in (feet end up together in 3rd position) weight on L

## Forward Rock, 1/2 Turn, Hitch, Back Walks, Touch

- 1,2                Rock R forward, Step L in place (recover) as you turn 1/2 right  
3,4                Step R forward, Hitch L knee (figure 4)  
5-8                Step back L,R,L, Touch R in place (which should be forward) (you should now face 6:00)

## Double Arm Explosion (Circle Arms)

- 1-8                Circle both arms inward and upward, crossing at wrists at about face level by count 4, then continuing upward and outward w/ extended arms, circling and putting hands on hips on ct 8

## Hinge Turns To Sailor Shuffle

- 1,2                Step R fwd & turn 1/4 right, Touch L toe side – face 9:00  
3,4                Step L back & turn 1/2 right, Touch R toe side – face 3:00  
5,6                Step R fwd & turn 1/2 right, Touch L toe side – face 9:00  
7,8                Cross L behind R, Step R to right side, Step L in place

## Syncopated Weave Left to Full Spin Left (chaine'e), to Left Side Shuffle

- 1,2                Cross R over L, Step L to left side  
3&4                Cross R behind L, Step L to left side, Cross R over L  
5,6                Step L side (toe turned out) & Spin full 360 left as you step R next to L  
7&8                Step L to left side, Step R next to L, Step L to left side (9:00)

## Forward Together, Step Diag. Back, Step Diag. Back, Snap Up & Down w/ Hip Movements

- 1,2                Step R forward, Step L up next to R  
3,4                Step R back & to the side, Step L back & to the side  
5&6&            Snap R arm up, Bring arm down toward waist, Snap R arm down, Bring arm up toward waist  
7&8&            Snap R arm up, Bring arm down toward waist, Snap R arm down, Bring arm up toward waist

Hips will move R,L R,L R,L R,L

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