

# 3D3N

拍數: 144      牆數: 0      級數: Phrased Intermediate  
編舞者: Wendy Teh (MY) - December 2017  
音樂: Three Days and Nights (三天三夜) - A-Mei (張惠妹)



Intro : 60 counts (start on vocal) - Sequence : AABC, AAABC, AABCAA-

## Part A (32cts)

### [A1] Step Swivel x2

1-4            step R to diagonal, swivel L heel-toe-heel towards R  
5-8            step L to diagonal, swivel R heel-toe-heel towards L

### [A2] Triple Step x4 (Travelling Backward)

1&2            step R slightly back, step L-R in place  
3&4            step L slightly back, step R-L in place  
5&6            step R slightly back, step L-R in place  
7&8            step L slightly back, step R-L in place

### [A3] Walk Fwd, Kick L, Walk Back, Touch R

1 - 4            walk fwd R-L-R, kick L fwd  
5 - 8            walk back L-R-L, touch R next to L

### [A4] Triple Full Turn R, Touch Out-In, Triple Full Turn L, Touch Out In

1&2 34        triple full turn R stepping R-L-R  
34            touch L to L, touch L next to R  
5&6            triple full turn L stepping L-R-L  
78            touch R to R, touch R next to L

## Part B (40cts)

### [B1] Touch Hitch Step 1/8 R x2, Rocking Chair

1-4            touch R, hitch R, step R, touch L, hitch L, step L (complete ¼ R) [3.00]  
5 - 8            rock R fwd, recover on L, rock R back, recover on L

### [B2] Touch Hitch Step 1/8 R x2, Kick Ball Change x2

1-4            touch R, hitch R, step R, touch L, hitch L, step L (complete ¼ R) [6.00]  
5&6 7&8        kick R fwd, step R ball, step L in place, kick R fwd, step R ball, step L in place

### [B3] Touch Hitch Step 1/8 R x2, Sailor Step R-L

1-4            touch R, hitch R, step R, touch L, hitch L, step L (complete ¼ R) [9.00]  
5&6 7&8        R sailor step, L sailor step

### [B4] Touch Hitch Step 1/8 R x2, Out-Out-In-Cross

1-4            touch R, hitch R, step R, touch L, hitch L, step L (complete ¼ R) [12.00]  
5 - 8            step R out, step L out, step R back to centre, cross L over R

### [B5] Step R Out, Raise Both Hands

1-8            step R to R, slowly raise hands up

## Part C (72 cts)

### [C1] Step Kick, Step Kick Kick x2

&1&2&3 4      step R, kick L over R, step L, kick R over L, step R, kick L over R twice  
&5&6&7 8      step L, kick R over L, step R, kick L over R, step L, kick R over L twice

**[C2] Step Touch x4**

1-4 step R, touch L over R, step L, touch R over L  
5-8 step R, touch L over R, step L, touch R over L

**[C3] Step Kick, Step Kick Kick x2**

&1&2&3 4 step R, kick L over R, step L, kick R over L, step R, kick L over R twice  
&5&6&7 8 step L, kick R over L, step R, kick L over R, step L, kick R over L twice

**[C4] Twist R-L (option : Crab Walk R-L)**

1-4 twist heels to R, twist toes to R, twist heels to R, twist toes to R  
5-8 twist toes to L, twist heels to L, twist toes to L, twist heels to L

**[C5] Step Kick, Step Kick Kick x2**

&1&2&3 4 step R, kick L over R, step L, kick R over L, step R, kick L over R twice  
&5&6&7 8 step L, kick R over L, step R, kick L over R, step L, kick R over L twice

**[C6] R Lindy, Reverse Full Turn R Touch**

1&2 3 4 chasses R, rock L back, recover on R  
5-8  $\frac{1}{4}$  R step L back,  $\frac{1}{2}$  R step R fwd,  $\frac{1}{4}$  R step L side, touch R next to L

**[C7] Walk Cross To R, Kick L, Walk Cross To L, Kick R**

1-4 step R, cross L over R, step R, kick L to L diagonal  
5-8 step L, cross R over L, step L, kick R to R diagonal

**[C8] Tap R Heel x3, Behind Side Cross**

1-4 tap R heel diagonally fwd x3, hold  
5-8 step R behind L, step L to L, cross R over L, hold

**[C9] Tap L Heel x3, Behind Side Cross**

1-4 tap L heel diagonally fwd x3, hold  
5-8 step L behind R, step R to R, cross L over R, hold

**Ending: for a big ending last Part A dance until 20 counts (walk fwd kick) then do the below hand movement for the ending.**

5& slap R hand on R thigh, slap L hand on L thigh  
6& slap R hand on L hip, slap L hand on R hip  
7& slap R hand on R hip, slap L hand on L hip  
8& put R hand on L shoulder, put L hand on R shoulder  
1 throw hand to the air for post

**Note: this dance was choreographed on November 2015 for performance, but only released the step sheet on December 2017.**

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