

Triple Dance

拍數: 96 牆數: 2 級數: Phrased Intermediate
編舞者: Romain Brasme (FR) & Marlon Ronkes (NL) - May 2018
音樂: Dance Dance Dance - Sharon Doorson



Seq: A-B-TAG1-A-B-B-A(32 COUNTS)-TAG2-B-B

PART A – 64 counts

[1-8] RF ROCKSTEP – RF SAILOR STEP W/ ¾ TURN R – STEP LOCK STEP X2

1-2 RF rockstep on the R side : step R to R (1), come back on LF (2)
3&4 RF sailor step with 3/4 turn R (09:00)
5&6 LF step lock step : LF step forward (5), RF cross behind LF (&), LF step forward (6)
7&8 RF step lock step : RF step forward (7), LF cross behind RF (&), RF step forward (8)

[9-16] TOUCH – FLICK W/ ½ TURN – STEP LOCK STEP – STEP FORWARD – SPIRALE – STEP FORWARD – TOUCH W/ 1/2 TURN

1-2 LF touch forward (1), LF flick with 1/2 turn R (2) (03:00)
3&4 LF step lock step : LF step forward (3), RF cross behind LF (&), LF step forward (4)
5-6 RF step forward (5), make a full turn spirale w/ LF (6)
7-8 LF step forward (7), RF touch next to LF with 1/2 turn L (8) (09:00)

[17-24] TOUCH - KICK W/ ¼ TURN R – COASTER STEP – TOUCH – KICK W/ ¼ TURN L - COASTER STEP

1-2 RF touch next to LF (1), RF kick forward with 1/4 turn R (2)
3&4 RF coaster step : RF step behind (3), together (&), RF step forward (4) (12:00)
5-6 LF touch next to RF (5), LF kick forward with 1/4 turn L (6)
7&8 LF coaster step : LF step behind (7), together (&), LF step forward (8) (09:00)

[25-32] ROCKSTEP – TOGETHER – ROCKSTEP - WALK, WALK, WALK - ½ TURN – OUT - OUT

1-2 RF rockstep on the R side
&3-4 RF next to LF (&), LF rockstep on the L side
5&6 LF step forward (5), RF step forward (&), LF step forward (8)
7&8 1/2 turn L (7), RF step to the R (&), LF step to the L (8) (03:00)

[33-40] STEP – BEHIND – SIDE – CROSS – ROCK MAMBO – CROSS – STEP – CROSS SHUFFLE

1 RF step to the side
2&3 LF cross behind RF (2), RF step to the side (&), LF cross over RF (3)
&4 RF rock mambo on the R side : step to the R (&), recover on L (4)
5-6 RF cross over LF (5), LF step to the L side (6)
7&8 RF cross shuffle to the L : RF cross over LF (7), LF step to the L side (&), RF cross over LF (8)

[41-48] STEP – ARMS MOVEMENTS – CHEST POP – STEP – ARMS MOVEMENTS – CHEST POP

1-2 LF step to the L and place your R forearm on the L one : L elbow down - R elbow up (1), L elbow up, R elbow down (2)
3&4 Place your arms in front of your chest and RF next to LF (3), push your chest forward (&), come back (4)
5-6 LF step to the L and place your R forearm on the L one : L elbow down - R elbow up (5), L elbow up, R elbow down (6)
7&8 Place your arms in front of your chest and RF next to LF (7), push your chest forward (&), come back (8)

[49-56] WALK – WALK – MAMBO BACK – WALK BACKWARD – WALK BACKWARD – MAMBO STEP

FORWARD

- 1-2 RF step forward (1), LF step forward (2)
3&4 RF mambo back : RF rock mambo forward (3), recover on L (&), RF step behind (4)
5-6 LF step behind (5), RF step behind (6)
7&8 LF mambo back : LF rock mambo backward (7), recover on R (&), LF step forward (8)

[57-64] STEP – TOUCH – STEP – TOUCH – WALK X4 W/ ¾ TURN

- 1-2 RF step to the side (1), LF touch next to RF (2)
3-4 LF step to the side (3), RF touch next to LF (4)
5-8 Walk R,L,R,F with 3/4 turn R (12:00)

PART B – 32 counts

[1-8] TOUCH – TOGETHER – TOUCH – TOGETHER – TOUCH – TOGETHER + ARMS MOVEMENTS

- 1&2 RF touch to the R side and R arm reach up L diagonale (1), RF next to LF (&), LF touch to the L side and L arm reach up R diagonale (2)
&3-4 LF next to RF (&), RF Touch to the R side and bring your R arm slowly up in diagonale L
5-8 RF come slowly next to LF, bring your R arm back down

[9-16] STEP – TOUCH – STEP – TOUCH – STEP FORWARD R, L – KICK - OUT OUT

- 1-2 RF step to the side (1), LF touch behind RF (2)
3-4 LF step to the side (3), RF touch behind LF (4)
5-6 RF step forward (5), LF step forward (6)
7&8 RF kick forward (7), OUT, OUT

[17-24] HITCH X3 – SAILOR STEP – SAILOR STEP

- 1-4 «DANCE, DANCE, DANCE» = L knee up, R knee up, L knee up
5&6 LF sailor step
7&8 RF sailor step

[25-32] ½ TURN - ½ TURN - ½ TURN – STEP – RF COME TO LF

- 1-4 «DANCE, DANCE, DANCE» = LF step to the side with 1/2 turn L, RF step to the side with 1/2 turn L, LF step to the side with 1/2 turn L
5-8 LF step to the side (5), RF come next to LF (06:00)

TAG 1

[1-4] STEP - LF COME TO RF

- 1-4 RF step to the R side (1), LF come next to RF and restart part A

TAG 2 (16 counts)

[1-8] CLAP - CLAP - CLAP - SNAP - SHAKE

- 1-2 Clap your hands on thighs (1), clap your hands on hips (2)
3-4 Clap your hands (3), snap your fingers (4)
5-8 Shake your shoulders

[9-16] STEP TO THE SIDE - TOUCH - STEP TO THE SIDE - TOUCH - WALK R, L, R, L S/ 3/4 TURN R

- 1-2 RF step to the R side (1), LF touch next to RF (2)
3-4 LF step to the L side (3), RF touch next to LF (4)
5-8 Walk R,L,R,L with 3/4 turn R
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