

# Triple Beat

拍數: 64      牆數: 4      級數: Phrased Improver  
編舞者: Arefen Ben Djunaed (INA) - July 2018  
音樂: 3 Daqat (feat. Yousra) - Abu



(Sequence: A, A, A, B, A, A, A, B, A, A, A, B, B, A)

Alternative music : 3 Daqat (Disco Misr Official Remix) (sequence: A, A, A, B, A, A, A, B, B, A, A, A)

## Start Dancing on Vocal

### A.

#### I. Rock, Back Lock Shuffle, Traveling Full Turn, Coaster Cross

1-2            Rock R forward – Recover on L  
3&4           Step R back – Ball L over R – Step R back  
5-6           Turn ½ left stepping L forward – Turn ½ left stepping R back  
7&8           Sweep L behind R – Step R side – Cross L over R

#### II. Rock, Cross Shuffle, Rock, Syncopated Cross Shuffle

1-2            Rock R side – Recover on L  
3&4           Cross R over L – Ball L to side – Cross R over L  
5-6           Rock L side – Recover on R  
7&8           Step L behind R – Step R side – Step L forward

#### III. Forward Lock, Lock Shuffle, Rock, Turn Coaster

1-2            Step R forward – Lock L behind R  
3&4           Step R forward – Lock L behind R – Step R forward  
5-6           Rock L forward – Recover on R  
7&8           Turn ¼ left sweeping L behind R – Step R side – Step L side

#### IV. Step Diagonal (Sway), Hip Bump

1-2            Rock R diagonal forward and sway R hip – Recover on L sway L hip  
3&4           Bump R hip – Bump L hip – Bump R hip (option: Step R forward, Ball L beside R, Step R forward)  
5-6           Rock L diagonal forward and sway L hip – Recover on R sway R hip  
7&8           Bump L hip – Bump R hip – Bump L hip (option: Step L forward, Ball R beside R, Step L forward)

### B.

#### I. Side Close 4x, Touch

1-2            Step R side - Close L together (sway or belly dance style, raise your hand following the rhythm)  
3-4            Step R side - Close L together (sway or belly dance style, raise your hand following the rhythm)  
5-6            Step R side - Close L together (sway or belly dance style, raise your hand following the rhythm)  
7-8            Step R side - Touch L beside R (sway or belly dance style, raise your hand following the rhythm)

**\*note: change your dance style when use alternative music**

#### II. Cross Rock 2x (Opposite), Pivot, Chasse Turn

1&2            Cross rock L over R – Recover on R – Step L to side  
3&4            Cross rock R over L – Recover on L – Turn ¼ right stepping R forward

5-6 Step L forward – Turn  $\frac{1}{2}$  right moving weight on R  
7&8 Turn  $\frac{1}{4}$  right stepping L to side – Close R together – Step L side

### **III. Cross Rock 2x (Opposite), Pivot, Chasse**

1&2 Cross rock R over L – Recover on L – Step R to side  
3&4 Cross rock L over R – Recover on R – Turn  $\frac{1}{4}$  left stepping L forward  
5-6 Step R forward – Turn  $\frac{1}{2}$  left moving weight on L  
7&8 Turn  $\frac{1}{4}$  left stepping R to side – Close L together – Step R side

### **IV. Cross Rock, Touch, Hold, Sway**

1&2 Cross rock L over R – Recover on R – Step L to side  
3-4 Touch R beside L – Hold  
5-8 Sway on R – L – R – L

**No Tag, No Restart.**

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**Last Update – 13th Aug. 2018**

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