

Triple Threat

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Michael Barr (USA)
音樂: Triple Threat - Rick Tippe



Being asked by Rick Tippe to choreograph a dance to this, his new song, has been a pleasure. This dude knows how to phrase a song!!! Thanks, Rick!!! The dance has a theme of "triples" having most 4 count step/phrases repeating 3 times. This will make for a pretty quick teach. Have fun out there!!!

TAP RIGHT HEEL-BALL-CHANGE, TAP, STEP-TAP LEFT HEEL-BALL-CHANGE, TAP STEP

- 1&2 Tap right heel next to left toe, quickly step ball of right foot next to left instep, step left foot slightly forward
- 3-4 Tap right heel next to left toe, step right foot slightly forward
- 5&6 Tap left heel next to right toe, quickly step ball of left foot next to right instep, step right foot slightly forward
- 7-8 Tap left heel next to right toe, step left foot slightly forward

TAP RIGHT HEEL-BALL-CHANGE, TAP, STEP-HEEL SWITCHES, HOLD, CLAP

- 1&2 Tap right heel next to left toe, quickly step ball of right foot next to left instep, step left foot slightly forward
- 3-4 Tap right heel next to left toe, step right foot slightly forward
- 5&6 Touch left heel forward at 45 degree left angle, quickly step left foot home next to right foot, touch right heel forward on 45 degree right angle
- &7-8 Quickly step right foot home next to left foot, touch left heel forward on 45 degree left angle, hold position and clap

TURNING HEEL SWITCHES, HOLD, CLAP-TURNING HEEL SWITCHES, HOLD, CLAP

- &1 Quickly step left foot home next to right foot, touch right heel forward on 45 degree right angle
- &2 Quickly step right foot home, ¼ turning to the left on ball of right foot, touch left heel forward on 45 degree left angle
- &3-4 Quickly step left foot home next to right foot, touch right heel forward on 45 degree right angle, hold position and clap
- &5 Quickly step right foot home, ¼ turning to the left on ball of right foot, touch left heel forward on 45 degree left angle
- &6 Quickly step left foot home next to right foot, touch right heel forward on 45 degree right angle
- &7-8 Quickly step right foot home next to left foot, touch left heel forward on 45 degree left angle, hold position and clap

SHIMMIES LEFT, TOUCH, HOLD-SHIMMIES RIGHT, TOUCH, HOLD

- 1-2 Side step left on left foot and shimmy shoulders. Continue to shimmy shoulders
- 3-4 Touch ball of right foot next to left foot, hold position
- 5-6 Side step right on right foot and shimmy shoulders, continue to shimmy shoulders
- 7-8 Touch ball of left foot next to right foot, hold position

SHIMMIES LEFT, TOUCH, HOLD-RIGHT VINE WITH ¼, ¼ BRUSH

- 1-2 Side step left on left foot and shimmy shoulders, continue to shimmy shoulders
- 3-4 Touch ball of right foot next to left foot, hold position
- 5-6 Side step right on right foot, cross and step left foot behind right foot
- 7-8 Step ¼ turn right on right foot, brush left foot forward as you pivot ¼ turn to the right on ball of right foot -total of ½ turn right

LEFT VINE WITH A BRUSH-RIGHT VINE WITH SYNCOPATED ¼, ¼ BRUSH

- 1-2 Side step left on left foot, cross and step right foot behind left foot
3-4 Side step left on left foot, brush right foot forward
5-6 Side step right on right foot, cross and step left foot behind right foot
&7-8 Quickly step ball of right foot forward and ¼ turn to the right, step left foot forward into ¼ turn to the right, brush right foot forward hitching right knee

Easier variation for counts &7-8 (leaving out the & count for &7)

- 7 Step right foot forward into ¼ turn to the right
8 Step left foot forward into another ¼ turn to the right

CROSS TOE TAPS, STEP, SIDE TOE TAPS, STEP-REPEAT

- 1-2 Cross right over left and tap right toe up off floor, step right foot down in place (legs are in crossed position)
3-4 Tap left toe side left up off floor, step left foot down in place (legs are uncrossed)
5-6 Cross right over left and tap right toe up off floor, step right foot down in place (legs are in crossed position)
7-8 Tap left toe side left up off floor, step left foot down in place (legs are uncrossed)

KICK-BALL-CHANGE, KICK-BALL-CHANGE, KICK-BALL-CROSS, SIDE STEP, STEP TOGETHER

- 1&2 Kick right foot forward at slight left angle, small side step to the right on ball of right foot, step left foot beside right foot
3&4 Kick right foot forward at slight left angle, small side step to the right on ball of right foot, step left foot beside right foot
5&6 Kick right foot forward at slight left angle, small side step to the right on ball of right foot, cross and step left foot over right foot
7-8 Long side step to the right on right foot, slide and step left foot next to right foot

REPEAT
