

Triples

拍數: 32 牆數: 4 級數: Improver
編舞者: Barry Durand (USA)
音樂: Heaven - Los Lonely Boys



TRIPLE, JAZZ BOX, MAMBO STEPS

1&2 Triple step forward left, right, left
3&4 Cross right over left, step back left, turn ¼ turn right and step forward with right
5&6 Mambo step forward left, recover right, step together left
7&8 Mambo step backward right, recover left, step together right

TRIPLE, STATIONARY PIVOT, TRIPLE, SEXY SCOOTs

1&2 Triple step forward left, right, left
3-4 Forward right, pivot turn to left ½ turn and step on left
5&6 Triple step right, left, right
7&8& Step forward left, together right, step forward left, together right

TRIPLE, FAST STATIONARY PIVOT

1&2 Triple step forward left, right, left
3&4 Forward right, pivot turn to left ½ turn and step left, step forward right
5&6 Triple step left, right, left
7&8 Forward right, pivot turn to left ½ turn and step left, step forward right

HEEL JACK BOX AND TURN

1&2& Kick left to side, step on left, cross right over left, step side left turning ¼ turn right
3&4& Kick right to side, step on right, cross left over right, step side right turning ¼ turn right
5&6 Kick left to side, step on left, cross right over left (6)
7-8 From this twist turn position do a quick ½ turn to the left unwinding so that feet are shoulder distance apart, either hold on count 8 or wiggle hips left, right (&8)

REPEAT

TAG

During the 7th time through the dance, they start singing in Spanish. You will start on the 6:00 wall and move to the 9:00 wall from the jazz box. Continue on through the end of the first 8 and into the second 8. Do the triple of the 2nd 8 (1&2), do the pivot turn on 3,4 but turn it ¾ instead of ½ and do a big slide to the right with the right foot (facing 12:00). This takes 5,6,7,8 as you drag your left to the right. Clap on 1, say oohhhh on count 2, wiggle 3-4 and start from the top