

Triple M

拍數: 48 牆數: 4 級數: Improver
編舞者: Max Perry (USA), Michele Perron (CAN) & Maurice Rowe (USA) - October 2008
音樂: You Keep Me Hangin' On (The Almighty Remix) - The Supremes



OR - any other version of the song.

Diagonal Forward Step w/ Heel Toe Swivel, Diagonal Forward Step w/ Heel Toe Swivel

- 1 Step R diagonally forward & extend R arm forward, palm up (think "Stop in the name of love")
2,3,&4 Twist L heel in and up toward R, Twist L toe in, Twist L heel in, Twist L toe in (feet end up together in 3rd position) weight on R
5 Step L diagonally forward & extend L arm forward, Palm up
6,7,&8 Twist R heel in and up to L, Twist R toe in, Twist R heel in, Twist R toe in (feet end up together in 3rd position) weight on L

Forward Rock, 1/2 Turn, Hitch, Back Walks, Touch

- 1,2 Rock R forward, Step L in place (recover) as you turn 1/2 right
3,4 Step R forward, Hitch L knee (figure 4)
5-8 Step back L,R,L, Touch R in place (which should be forward) (you should now face 6:00)

Double Arm Explosion (Circle Arms)

- 1-8 Circle both arms inward and upward, crossing at wrists at about face level by count 4, then continuing upward and outward w/ extended arms, circling and putting hands on hips on ct 8

Hinge Turns To Sailor Shuffle

- 1,2 Step R fwd & turn 1/4 right, Touch L toe side – face 9:00
3,4 Step L back & turn 1/2 right, Touch R toe side – face 3:00
5,6 Step R fwd & turn 1/2 right, Touch L toe side – face 9:00
7,8 Cross L behind R, Step R to right side, Step L in place

Syncopated Weave Left to Full Spin Left (chaine'e), to Left Side Shuffle

- 1,2 Cross R over L, Step L to left side
3&4 Cross R behind L, Step L to left side, Cross R over L
5,6 Step L side (toe turned out) & Spin full 360 left as you step R next to L
7&8 Step L to left side, Step R next to L, Step L to left side (9:00)

Forward Together, Step Diag. Back, Step Diag. Back, Snap Up & Down w/ Hip Movements

- 1,2 Step R forward, Step L up next to R
3,4 Step R back & to the side, Step L back & to the side
5&6& Snap R arm up, Bring arm down toward waist, Snap R arm down, Bring arm up toward waist
7&8& Snap R arm up, Bring arm down toward waist, Snap R arm down, Bring arm up toward waist

Hips will move R,L R,L R,L R,L
