

Triple Play

拍數: 32 牆數: 4 級數: Easy Beginner
編舞者: Sue Ann Ehmann (USA) - June 2011
音樂: DJ Got Us Fallin' In Love (feat. Pitbull) - Usher : (Single)



Written especially to introduce “triple” steps to the beginner dancer. Works with a variety of music genres.

Choreographer's note: I choreographed this dance to the Usher track but it works equally well with these other songs. Some are slower, some are faster. Hopefully there is something here for everyone's pleasure – or try it to another song you like.

Music:

Pop: DJ Got Us Fallin' In Love by Usher ft. Pitbull (Single) [bpm: 120]

Country: Love Done Gone by Billy Currington [bpm: 127]

Moo La Moo by Steve Azar [bpm: 121]

Shag/Blues: Go On by Delbert McClinton [bpm: 122]

Intro: All tracks begin on lyrics

[1-8] TRIPLE RIGHT, ROCK, RECOVER, TRIPLE LEFT, ROCK, RECOVER

1&2 Step right to side, step left beside right, step right to side
3-4 Rock left back, recover on right
5&6 Step left to side, step right beside left, step left to side
7-8 Rock right back, recover on left

[9-16] DIAGONAL STEP TOUCHES (FORWARD AND BACK) – THE “K” STEP

1-2 Step right to forward diagonal, touch left beside right
3-4 Step left to back diagonal, touch right beside left
5-6 Step right to back diagonal, touch left beside right
7-8 Step left to forward diagonal, touch right beside left

Options: Put hands in the air; or clap with the touches; dance it!

[17-24] TRIPLE FORWARD, ROCK, RECOVER, TRIPLE BACK, ROCK, RECOVER

1&2 Step right forward, step left beside right, step right forward
3-4 Rock left forward, recover on right
5&6 Step left back, step right beside left, step left back
7-8 Rock right back, recover on left

[25-32] VINE RIGHT, TOUCH, VINE LEFT 1/4 TURN, TOUCH

1-2 Step right to side, step left behind right
3-4 Step right to side, touch left next to right
5-6 Step left to side, step right behind left
7-8 Turn 1/4 left stepping left forward, touch right beside left (9:00)

BEGIN AGAIN!