

# Triple Beat

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**Count:** 64      **Wall:** 4      **Level:** Phrased Improver

**Choreographer:** Agung Arifin (Nawal-ULD Pusat, July 2018)

**Music:** 3 Daqat by Abu feat Youstra

**(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  $\frac{1}{4}$  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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