

Jamaican Triple Step

Count: 32

Wall: 0

Level:

Choreographer: Ron Boorman

Music: Hands Up (Give Me Your Heart) - Ottawan



For variation, try contra lines starting back to back.

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|-------|--|
| 1&2 | Left shuffle to left (left-right-left) |
| 3-4 | Rock back on right, rock forward on left |
| 5&6 | Right shuffle to right (right-left-right) |
| 7-8 | Rock back on left, rock forward on right |
| | |
| 9&10 | Left shuffle forward |
| 11-12 | Step forward right ½ turn left, in place left |
| 13&14 | Right shuffle forward |
| 15&16 | Left shuffle forward |
| | |
| 17&18 | Right shuffle forward |
| 19-20 | Step forward left ½ turn right, in place right |
| 21-22 | Rock forward left, rock back right |
| 23&24 | Shuffle in place (left-right-left) |
| | |
| 25-26 | Rock back on right, forward left turning ½ turn left |
| 27&28 | Shuffle in place (right-left-right) |
| 29-30 | Rock back on left, forward on right |
| 31-32 | Left together with right, clap |

REPEAT
