

# Triple Beats

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

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

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



(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. 32 counts

#### AI. 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 L

#### AlI. Rock, Cross Shuffle, Rock, Syncopated Cross Shuffle

- 1-2                     Rock R side – Recover on L
- 3&4                     Cross R over L – Ball R to side – Cross R over L
- 5-6                     Rock L side – Recover on R
- 7&8                     Step L behind R – Step R side – Cross L over R

#### AlII. 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

#### AIV. 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
- 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

### B. 32 counts

#### BI. 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**

#### BI. 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 ¼ 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

**BIII. 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

**BIV. 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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