## Triple Beat

Count: 64
Wall: 4
Level: Phrased Improver
Choreographer: Arefen Ben Djunaed (INA) - July 2018
Music: 3 Daqat (feat. Yousra) - Abu
(Sequence: $A, A, A, B, A, A, A, B, A, A, A, B, B, A)$

## Alternative music : 3 Daqat (Disco Misr Official Remix) (sequence: $A, A, A, B, A, A, A, B, B, A, A, A$ ) <br> 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 $1 / 2$ left stepping $L$ forward - Turn $1 / 2$ left stepping $R$ back
$7 \& 8 \quad$ 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 $R$
$7 \& 8 \quad$ Turn $1 / 4$ 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 $R$ <br> forward) |
| $5-6$ | Rock $L$ diagonal forward and sway $L$ hip - Recover on $R$ sway $R$ hip <br> $7 \& 8$ |
| Bump $L$ hip - Bump $R$ hip - Bump $L$ hip (option: Step $L$ forward, Ball R beside R, Step $L$ <br> 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
$\begin{array}{ll}1 \& 2 & \text { Cross rock } L \text { over } R \text { - Recover on } R \text { - Step } L \text { to side } \\ 3 \& 4 & \text { Cross rock } R \text { over } L \text { - Recover on } L \text { - Turn } 1 / 4 \text { right steping } R \text { forward }\end{array}$

| $5-6$ | Step $L$ forward - Turn $1 / 2$ right moving weight on $R$ |
| :--- | :--- |
| $7 \& 8$ | Turn $1 / 4$ right steping $L$ 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
$3 \& 4 \quad$ Cross rock $L$ over $R$ - Recover on $R$ - Turn $1 / 4$ left steping $L$ forward
5-6 Step $R$ forward - Turn $1 / 2$ left moving weight on $L$
7\&8 Turn $1 / 4$ left steping $R$ 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.
Contact: ben.djunaed@gmail.com
Last Update - 13th Aug. 2018

