

Triple Chi

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Demetra Cox Davis, Benita Stewart Ericka Momon & John "WoodyPop"
Woodhouse Jr. (USA) - April 2025
音乐: Tape Poppedd - Dame-O



DEMO STARTS AT 8:48 IN THE VIDEO

I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

PART 1: 8 COUNTS

STEPPIN' BASICS

1&2 3&4 Cross left in front of right, recover on right, recover on left, repeat starting with right foot
5 6 7 8 Step/lift left foot, right foot, left foot, right foot ending making quarter turn to left

REPEAT PART 1 THREE MORE TIMES TO RETURN TO FRONT AND ENDING WITH RIGHT FOOT OUT TO SIDE

PART 2: 16 COUNTS

RUNNING STEPS, ROCK AND ROLL HIPS

1&2 3&4 Run forward right, left, stomp on right, run back right, left, stomp on right
5 6 7 8 Rock/roll hips

SAILOR STEPS, CONTINUOUS STEP HALF TURNS LEFT

1&2 3&4 Right sailor step, left sailor step
5 6 7 8 Step forward on right, make half turn left, step forward on right, make half turn left

PART 3: 24 COUNTS

SWIRL LIFT STEPS, STEP RIGHT, KICK BALL CHANGE, STEP RIGHT, QUARTER TURN LEFT

1 2 Swirl right foot from back to front, step on right on 2
3 4 Swirl left foot from back to front, step on left on 4
5 6& 7 8 Step down on right, kick ball left, step up on right, make quarter turn to left end feet apart

ROCK BACK ON RIGHT SIDE POINTS, WEAVE TO LEFT, STEP POINT

1&2 3&4 Rock back on right, point to right side, repeat steps 1&2
5&6& Cross right over left, step on left, step right behind, step left
7 8 Step back on right, point left foot to side

ROCK BACK ON LEFT SIDE POINTS, STEP BACK, KICK BACK, QUARTER TURN LEFT

1&2 3&4 Rock back on left, point to left side, repeat steps 1&2
5&6& Step back on left, recover on right, kick left, recover on left
7 8 Step up on right, make quarter turn to left

REPEAT DANCE ON BACK WALL

REPEAT ENTIRE DANCE TILL MUSIC ENDS (NO TAGS, NO RESTARTS)

Submitted by: Bonnie Berns Email: yaelchina@yahoo.com