

IT'S ALL ABOUT THE 3 STEPS

Débutante+ – 96 comptes – 2 murs

Chorégraphe : José Miguel Belloque Vane, Roy Verdonk

Musique : 3 Steps (Rap Radio Version) – Loni Gamble

Style : Novelty

Source : Copperknob - Traducteur

Intro : 40 comptes

WALKS FORWARD (R,L,R), HEEL TOUCH FORWARD, WALKS BACKWARD (L,R, L), TOUCH R NEXT TO L

1-2-3-4 Rf walk forward, Lf walk forward, RF walk forward, Lf touch heel forward

5-6-7-8 Lf walk back, Rf walk back, Lf walk back, Rf touch next to Lf

HIP SWAYS WITH HITCH (2X)

1-2-3-4 Rf step right swaying hips right, sway left, sway right, Lf hitch

5-6-7-8 repeat starting with Lf

WALKS FORWARD (R,L,R), HEEL TOUCH FORWARD, WALKS BACKWARD (L,R, L), TOUCH R NEXT TO L

1-2-3-4 Rf walk forward, Lf walk forward, RF walk forward, Lf touch heel forward

5-6-7-8 Lf walk back, Rf walk back, Lf walk back, Rf touch next to Lf

RESTART ici : Mur 4 face à 6h

HIP SWAYS WITH HITCH (2X)

1-2-3-4 Rf step right swaying hips right, sway left, sway right, Lf hitch

5-6-7-8 repeat starting with Lf

STEP, TOUCH, FULL TURN L, SLIDE R

1-2-3-4 Rf step, Lf touch together, make 1/4 turn left stepping Lf forward (9.00), make 1/2 turn left stepping RF back (3.00)

5-6-7-8 make 1/4 turn stepping Lf left (12.00), RF touch together, Rf slide right, Lf drag together

KICK/ BALL/ CHANGE, ROCKING CHAIR, 1/2 TURN R

1&2 Lf kick forward, Lf step together(&), Rf step in place

3-4 Lf rock forward, recover onto R

5-6 Lf rock back, recover onto RF

7-8 Lf step forward, make 1/2 turn right stepping Rf forward (6.00)

WALKS FORWARD (L,R L) , HEEL TOUCH FORWARD, WALKS BACKWARD (R,L,R), TOUCH L NEXT TO R

1-2-3-4 Lf walk forward, Rf walk forward, Lf walk forward, Rf touch heel forward

5-6-7-8 Rf walk back, Lf walk back, Rf walk back, Lf touch next to Rf

STEP TOUCHES IN DIAGONAL (4x)

1-2 Lf step diagonal forward left, Rf touch next to Lf

3-4 RF step diagonal forward right, Lf touch next to Rf

5-6 Lf step diagonal back left, RF touch next to Lf

7-8 RF step diagonal back right, Lf touch next to Rf

VINE L WITH 1/2 TURN L, VINE R WITH TOUCH

1-2-3-4 Lf step left, RF cross behind Lf, make 1/4 turn left stepping Lf forward (3.00), make 1/4 turn left brushing RF next to Lf (12.00)

5-6-7-8 RF step right, Lf cross behind RF, RF step right, Lf touch next to RF

VINE L WITH 1/2 TURN L, VINE R WITH TOUCH

1-2-3-4 Lf step left, RF cross behind Lf, make 1/4 turn left stepping Lf forward (9.00), make 1/4 turn left brushing RF next to Lf (6.00)

5-6-7-8 RF step right, Lf cross behind RF, RF step right, Lf touch next to RF

MONTEREY 1/4 TURN L (2X)

1-2-3-4 Lf point toes left, make 1/4 turn left stepping Lf next to RF, RF point toes right, RF step together (3.00)

5-6-7-8 Lf point toes left, make 1/4 turn left stepping Lf next to RF, RF point toes right, RF step together (12.00)

HEEL TOUCHES FORWARD L/R, STEP FORWARD L, 1/2 TURN R WITH HEEL BOUNCES

1-2-3-4 Lf touch heel forward, Lf step together , RF touch heel forward, Rf step together

5-6-7-8 Lf step forward, Bf (both feet) bounce heels 3 times whilst making 1/2 turn right (6.00)

Et on recommence avec le sourire



(Par respect du traducteur merci d'indiquer sur vos fiches la source et le nom du traducteur)

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