

MICHAEL BARR'S :

TRIPLE THREAT

Michael Barr

Description: 64 Count - 2 Wall Line Dance *Difficulty:* Easy Intermediate
Choreographer: Michael Barr, "A Waltz In Time Productions" San Francisco Bay Area
Music: "Triple Threat" by Rick Tippe (152 bpm) 32 count lead - See below for CD & Video info.
Teching: "Wake Up and Smell The Whiskey" by Dean Miller - CDX Vol 180 or Capital Nashville Rec.
Prepared by: Michael Barr, Instructor/Choreographer/DJ, Phone/fax 650-327-1405, e.mail mbarr4@juno.com

Being asked by Rick Tippe to choreograph a dance to this, his new song, has been a pleasure - this dude knows how to phrase a song!!! Thanks Rick!!! The dance has a theme of "triples" having most 4 count step/phrases repeating 3 times. This will make for a pretty quick teach. Have fun out there! See music info., on back page.

A. TAP RIGHT HEEL-BALL-CHANGE, TAP RIGHT HEEL, STEP -- REPEAT LEFT

1 & 2 Tap R heel next to left toe up off floor; Step on ball of R next to left instep; Step L slightly forward
3 - 4 Tap R heel next to left toe up off floor; Step R slightly forward
5 & 6 Tap L heel next to right toe up off floor; Step on ball of L next to right instep; Step R slightly forward
7 - 8 Tap L heel next to right toe up off floor; Step L slightly forward

B. TAP RIGHT HEEL-BALL-CHANGE, TAP RIGHT HEEL, STEP -- HEEL SWITCHES, HOLD CLAP

1 & 2 Tap R heel next to left toe up off floor; Step on ball of R next to left instep; Step L slightly forward
3 - 4 Tap R heel next to left toe up off floor; Step R slightly forward
5 & 6 Touch L heel forward at left diagonal; Step L foot next to right; Touch R heel forward at right diagonal
& 7 - 8 Step R foot next to left; Touch L heel forward at left diagonal; Hold and Clap

C. HEEL SWITCHES, HOLD CLAP -- HEEL SWITCHES, HOLD CLAP

& 1 Step L foot next to right; Touch R heel forward at right diagonal
& 2 Step R foot into 1/4 turn left in place; Touch L heel forward at left diagonal
& 3 - 4 Step L foot next to right; Touch R heel forward at right diagonal; Hold & Clap
& 5 Step R foot into 1/4 turn left in place; Touch L heel forward at left diagonal
& 6 Step L foot next to left; Touch R heel forward at right diagonal
& 7 - 8 Step R foot next to right; Touch L heel forward at left diagonal; Hold and Clap

D. SHIMMIES LEFT, TOUCH, HOLD -- SHIMMIES RIGHT, TOUCH, HOLD

1 - 2 Step L foot side left - shoulder shimmies; Continue to shimmy for count 2
3 - 4 Touch ball of R next to left foot; Hold
5 - 6 Step R foot side right - shoulder shimmies; Continue to shimmy for count 6
7 - 8 Touch ball of L next to right foot; Hold

E. SHIMMIES LEFT, TOUCH, HOLD -- RIGHT VINE WITH 1/4, 1/4 BRUSH

1 - 2 Step L foot side left - shoulder shimmies; Continue to shimmy for count 2
3 - 4 Touch ball of R next to left foot; Hold
5 - 6 Step R foot side right; Step L side right crossing behind right
7 - 8 Step R into 1/4 turn right; Brush L forward into 1/4 turn right [*facing starting wall*]

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F. VINE LEFT WITH A BRUSH -- VINE RIGHT WITH SYNCOPATED 1/4, 1/4, BRUSH HITCH

- 1 - 2 Step L side left; Step R side left crossing behind left
3 - 4 Step L side left; Brush R forward
5 - 6 Step R side right; Step L side right crossing behind right
& Step forward onto ball of R into a 1/4 turn right [*this is a quick step*]
7 - 8 Step L forward into 1/4 turn right; Brush R forward hitching knee [*facing back wall*]

[Easier variation for counts & 7-8, Leave out the & count and for 7 - 8 step R forward into 1/4 right; Step L forward into 1/4 right]

G. CROSSING TOE TAP, STEP, SIDE TOE TAP, STEP - REPEAT

- 1 - 2 Cross R over left and tap right toe up off floor; Step R foot down in place [*legs are in crossed position*]
3 - 4 Tap L toe side left up off floor; Step L foot down in place [*leg are uncrossed*]
5 - 6 Repeat counts 1 - 2
7 - 8 Repeat counts 3 - 4

H. RIGHT KICK-BALL-CHANGE X 3 WITH A CROSS, SIDE, TOGETHER

- 1 & 2 Kick R foot forward at slight angle left; Step on ball of R moving slightly to right; Step L next to right
3 & 4 Kick R foot forward at slight angle left; Step on ball of R moving slightly to right; Step L next to right
5 & 6 Kick R foot forward at slight angle left; Step on ball of R moving slightly to right; Step L side right crossing in front of right
7 - 8 Step R [*big step*] side right; Step-slide L next to right

BEGIN AGAIN!!!

Rick Tippe has produced a CD "GET HOT II - DANCE ON" with five new songs especially for the dancer. He has also produced a teaching Video with the Choreographer teaching their new dance to his music. Choreographers include, Jo Thompson, Max Perry, Deb Crew, Denny Hengen and Michael Barr.

For information on purchasing the new CD and/or Video contact me at:

650-327-1405 or E-mail me at - mbarr4@juno.com