



## Jamaican Triple Step

Choreographed by Ron Boorman

**Description** 32 count line/contra dance

**Music** **Hands Up (Give Me Your Heart)** by Ottawan (**124 bpm**)

Any cha-cha music

For variation, try contra lines starting back to back.

**Intro** Begin on lyrics

- 1&2 Left shuffle to left (left-right-left)  
3-4 Rock right back, recover to left  
5&6 Right shuffle to right (right-left-right)  
7-8 Rock left back, recover to right
- 9&10 Chassé forward left-right-left  
11-12 Step right forward  $\frac{1}{2}$  turn left, in place left  
13&14 Chassé forward right-left-right  
15&16 Chassé forward left-right-left
- 17&18 Chassé forward right-left-right  
19-20 Step left forward  $\frac{1}{2}$  turn right, in place right  
21-22 Rock left forward, recover to right  
23&24 Triple in place left-right-left
- 25-26 Rock right back, forward left turning  $\frac{1}{2}$  turn left  
27&28 Triple in place right-left-right  
29-30 Rock left back, recover to right  
31-32 Left together with right, clap

**REPEAT**