

Diamond Free

拍数: 96 墙数: 4 级数: Phrased Intermediate
编舞者: Marie-Odile Jélinek (FR) - May 2020
音乐: Diamond - Brandon Heath



**** 2 Tags and 2 Tag/Restart.**

Sequences A-Tag/Restart -A-B-A-Tag-B-B-A -1 Final sur la 3ème section à 12H
Start : Dance after Intro : 16 counts following the 84 BPM -

[1 to 4] SIDE RIGHT TOGETHER - SIDE LEFT TOGETHER, SIDE RIGHT TOGETHER - SIDE RIGHT TOGETHER - Clap x 4

1&2& RF to R, Touch LF next to RF + Clap, LF to L, Touch RF next to LF + Clap - 12H
3&4& RF to R, assemble LF next to RF + Clap, RF to R, Touch LF next to RF + Clap

[5 to 8] SIDE LEFT TOGETHER - SIDE RIGHT TOGETHER - SIDE LEFT TOGETHER - SIDE LEFT TOGETHER

5&6& LF to L, touch RF next to LF, RF to R, touch LF next to RF + Clap
7&8& LF to L, assemble RF next to LF, LF to L, touch RF next to LF + Clap

[9 to 16] JAZZ BOX 1/4 TURN RIGHT - RUMBA BOX BACK, HOLD – RUMBA BOX - HOLD

1&2& Cross RF front of LF, Pose LF behind in 1/4 turn to right, RF to right, Touch Point LF next to RF-3H
3&4& LF to L, pose RF next to LF, LF fwd, hold
5&6& RF to R, pose LF next to RF, RF behind, hold
7&8 LF to L, pose RF next to LF, LF behind, hold

Tag : 2 counts : Stomp to Right - Stomp to Left + hat tip to R then to L at 15 H after 3rd part A

[17 to 24] COASTER STEP R.BACK & L.FWD - HEEL SWITCHES R & L - SWAY HIPS R - SWAY HIPS L.

1&2 Pose RF behind, LF next to RF, RF fwd 3H
3&4 Pose LF fwd, RF next to LF, LF behind
5&6& Heel R fwd, RF next to LF, Heel L fwd, LF next to RF (Final)
7&8 Sway Hips from Right to Left

Final after 4th part A of 3rd section 12H

[25 to 32] TOE STRUT - TOE STRUT - SIDE ROCK STEP - TOE STRUT – TOE STRUT - SIDE ROCK STEP

1&2& Plant Foot R fwd, Put Down Heel R, Plant LF fwd-Put down Heel L - 3H
3&4 Rock Step RF to R, Return on LF, and RF walk slightly to R
5&6& Plant RF fwd, Put down Heel R, Plant LF fwd, Put down Heel L
7&8 Rock Step LF to L, Return on RF, and LF walk slightly to L

[33 to 40] SAILOR STEP ¼TURN ON R - KICK BALL CHANGE L – BACK LOCK STEP R - ROCK BACK MAMBO L

1&2 RF Crossed behind LF, LF Pose ¼ Turn to the R, RF Pose LF side
3&4 Kick fwd LF, Plant LF (w/ BW) next to RF & LF (w/ BW) Pointed LF side - 6H
5&6 3 Step back : Step back RF, Step back LF Crossed front of RF, Step back RF
7&8 Mambo Rock LF back

[41 to 48] MAMBO FWD ¼ TURN R - TRIPLE STEP FWD L - KICK BALL SIDE R - TOUCH R - KICK BALL CROSS

1&2 Rock fwd RF w/ BW ¼ Turn to R, Return BW on LF, RF next to LF w/ BW - 9H
3&4 LF fwd, Plant RF next to LF, LF fwd w/ BW

5&6 Kick RF fwd, Plant RF (w/ BW) RF next to LF, LF to L
7&8 Kick RF fwd RF, Plant RF (w/ BW), RF next to LF, LF (w/ BW) crossed front of RF

[49 to 56] 2 X SIDE ROCK CROSS TRIPLE STEPS R & L

1-2 Rock RF to R, Return BW on LF - 9H
3&4 Cross RF front of LF, Pose LF to L, Cross RF front of LF
5-6 Rock LF to L, Return BW on RF
7&8 Cross LF front of RF, Pose RF to R, Cross LF front of RF

[57 to 64] WALK FORWARD R - TRIPLE R - FORWARD L - TRIPLE L

1 Walk RF fwd - 9H
2 Walk LF fwd ¼ Turn to L - 6H
3&4 Triple Step R fwd 1/4 Turn to L - 3H
5-6 Walk LF fwd, Walk RF fwd - 3H
7&8 Triple Step R fwd

TAG/RESTART : 6 Counts right after 8th section of 1st part A of 64 counts

Part B x 3 (See : Timetable below)

***1st Part B is danced on 32 counts Start: 6H**

***2nd Part B is danced on 32 counts Start: 3H**

***3rd Part B resume the 32 counts Start: 9H**

[1 to 8] ROCK STEP FWD R - TRIPLE 1/2 TURN R - ROCK STEP FWD L - COASTER STEP - L

1-2 Rock Step D fwd (RF fwd, Return on LF) 6H
3&4 Triple RF w/ 1/2 Turn to R (R-L-R) 12H
5-6 Rock Step G fwd (LF fwd, Return on RF)
7&8 Coaster Step G (LF back, RF next to LF, LF fwd)

[9 to 16] SIDE ROCK - CROSS TRIPLE R - ¼ TURN R - BEHIND - SIDE - CROSS R

1-2 Rock RF to R, Return BW on LF 12H
3&4 Cross RF front of LF, Pose LF to L, Cross RF fwd LF 3H
5-6 ¼ turn to R while posing LF to L, Return BW on RF
7&8 LF Crossed behind RF, Plant RF to R, LF Crossed LF front of RF

[17 to 24] ROCK STEP FWD R - TRIPLE 1/2 TURN R - ROCK STEP FWD L - COASTER STEP L

1-2 Rock Step D fwd (RF fwd, Return on LF) 3H
3&4 Triple RF w/ 1/2 turn to R (R-L-R) 9H
5-6 Rock Step L fwd (LF fwd, Return on RF)
7&8 Coaster Step G (LF back, RF next to LF, Step L fwd)

[25 to 32] SIDE ROCK - CROSS TRIPLE R - ¼ TURN R - BEHIND - SIDE - CROSS R

1-2 Rock RF to R, Return BW on LF 9H
3&4 Cross RF front of LF, Pose LF to L, Cross RF front of LF 12H
&5-6 ¼ turn to R while pose LF to L, Return BW on RF
7&8 LF Crossed behind RF, Plant RF to R, LF Crossed front of RF

TAG/Restart : 6 Counts right after 8th section of 64 counts

[1to6] HEEL SWITCHES R & L -STOMP R & L - TOUCH RF A CÔTÉ LF - HOLD

1& Touch Heel R fwd, Assemble RF next to LF 3H
2& Touch Heel L fwd, Assemble LF next to RF
3-4 Stomp : Stomp RF next to LF, Stomp LF next to RF
5-6 Touch RF next to LF, Hold

TAG : 2 counts : Stomp Right - Stomp Left + hat tip at R then at L at 15 H after 3rd part A

FINAL on last PART : At end of 3rd section (17 to 24) on (7-8)

[17to24] COASTER STEP R.BACK & L.FWD - HEEL SWITCHES R & L - POINT RIGHT-UNWIND ½ TURN

R

- 1&2 Pose RF behind, LF next to RF, RF fwd 6H
3&4 Pose LF fwd, RF next to LF, LF back
5&6& Heel R fwd, RF next to LF, Heel L fwd, LF next to RF
7-8 Point RF next to LF + Unwind in 1 /2 Turn to R in Wall of 12h (Final) 12H

TIMETABLE OF THE 3 PART B

PART B (1)

- 6H - 12H | 12H - 3H
-3H - 9H | 9H - 12H

PART B (2)

- 3H - 9H | 9H - 12H
-12H - 6H | 6H - 9H

PART B (3)

- 9H - 3H | 3H - 6H
-6H - 9H | 9H - 3H

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