

No Diggity

拍數: 32 牆數: 4 級數: Improver
編舞者: Rex Allott (UK) - June 2022
音樂: No Swinggity - Minimatic



Intro - 32 beats

S1. 'Shoop shoop' steps R, L, R mambo, 1/2 walking turn R

1&2. Slide R out diagonally R, slide L behind R, slide R out diagonally R (make 'ski' arm movements if required)
2&4. Rpt L
5&6. Step R fwd, step L next to R, step R back
7-8. Turning 1/2 R, step R fwd, step L next to R

S2. Heel flicks R, L, R heel digs x 3, cross shuffle R, L

1&2&. Flick R heel out, back, rpt L
3&4. Dig R heel x 3
5&6. Cross R over L, slide L behind R, slide R out diagonally R
7&8. Rpt L

S3. Monterey turn 1/4 R, 1/2 cross turn R

1-2. Turning 1/4 R, step R out R, step L next to R
3-4. Step L out L, return
5-6. Cross R over L, turning 1/4 R, step L back
7-8. Turning 1/4 R, step R fwd, step L next to R

S4. Reverse slide toe strut R, L x 2, R shuffle fwd, 1/2 walking turn L

1&2&. Lift R heel whilst sliding R toe backwards, drop heel, rpt L
3&4&. Rpt 1&2&.
5&6. Slide R fwd, slide L behind R, slide R fwd
7-8. Turning 1/2 L, step L fwd, step R next to L

Restart after 12th S4 facing 9 o'clock
Finish final S4. with 3/4 walking turn to face front

Last Update - 11 Jul 2022