

No Diggity

拍數: 64 牆數: 2 級數:
編舞者: Paul McAdam (UK) - November 2007
音樂: Blackstreet (feat. Dr Dre) - No Diggity



Count in: 32 counts from first beat

(1-8) STEP BACK & TOUCH, ¼ CROSS, SIDE-ROCK-CROSS, STEP BACK, COASTER STEP

- 1&2 Step back on left foot, step right foot together, touch left toe forward turning left foot out
&3 Step left foot next to right, make a ¼ turn right and cross right foot over left
4&5 Rock left foot to left side, recover weight onto right, cross left foot over right
6 Step back on right foot
7&8 Step back on left foot, step right foot together, step left foot forward

(9-16) LOCK, STEP-SWEEP, CROSS, ½ TURN TRIPLE STEP, & ROCK STEP, BACKLOCK-BACK-LOCK

- &1 Lock right foot behind left foot, step forward on left foot as you sweep right foot forward
2 Cross right foot over left
3&4 Make a ¼ turn right and step back on left foot, make a ¼ turn right and step forward on right foot, step forward on left foot
&5,6 Step forward on right foot, rock forward on left foot, rock back on right foot
7&8& Step back on left foot, lock right foot in front of left, step back on left foot, lock right foot in front of left foot

(17-24) ¼ TURN TOUCH, CROSS, ¼ TURN & TOGETHER STEP, & LOCK STEP, CROSS ¼ TURN SIDE CROSS

- 1,2 Make a ¼ turn left and touch left toe to left side, cross left foot over right foot
&3,4 Make a ¼ turn left and step back on right foot, step left foot next to right, step forward on right foot
&5,6 Step forward on left foot, lock right foot behind left foot, step forward on left foot
7&8& Cross right foot over left foot, make a ¼ turn right and step back on left foot, step right foot to right side, cross left foot over right

(25-32) SLIDE, TOGETHER, CROSS, UNWIND, KICK-BALL-CROSS, STEP ¼, STEP ½ STEP

- 1,2 Step right foot a big step to right side, slide left foot up to right and take weight
3,4 Cross right foot over left foot, unwind a full turn to the left weight stays on right
5&6 Kick left foot to left diagonal, step ball of left foot to left side, cross right foot over left
7&8& Make a ¼ turn to the left and step forward on left foot, step forward on right foot, pivot a ½ turn left, step forward on right foot

(33-40) ½ TURN HOP-SWEEP, ¼ STEP SIDE, CROSS ½ TURN TRIPLE STEP, SYNCOPATED CROSS ROCKS

- 1,2 Make a ½ turn right and step back on left foot whilst sweeping right foot back, make a ¼ turn right and step right foot to right side
3&4 Cross left foot over right, make a ¼ turn left and step back on right foot, make a ¼ turn left and step left foot to left side
5&6& Cross rock right foot over left foot, recover weight on left foot, step right foot to right side, cross rock left foot over right foot
7&8& Recover weight on right foot, step left foot to left side, cross rock right foot over left foot, recover weight onto left foot

(41-48) STEP SIDE, HIP BUMP, BALL CROSS, ¼ TURN, STEP ½ STEP, KICK-STEPROCK-STEP

- 1,2 Step right foot to right side, bump left hip to left side
&3,4 Step back on ball of left foot, cross right foot over left foot, make a ¼ turn left and step forward on left foot
5&6 Step forward on right foot, pivot a ½ turn left, step forward on right foot
7&8& Kick left foot forward to right diagonal, step left foot forward to right diagonal, lock right foot behind left foot, step left foot straight forward

(49-56) 1/4 TURN HIP ROLL TOUCH, ½ TURN TRIPLE STEP, & TOGETHER, CROSS X2

- 1,2 Make a ¼ turn left and step right foot to right side whilst rolling hips from left to right, touch left toe to left side turning left foot out
3&4 Make a ¼ turn right and step back on left foot, make a ¼ turn right and step right foot to right side, cross left foot over right
&5,6 Step right foot to right side, step left foot next to right, cross right foot over left
&7,8 Step left foot to left side, step right foot next to left, cross left foot over right

(57-64) & CROSS ROCK, & CROSS UNWIND FULL TURN, STEP TOUCH, STEP TOUCH, OUT-OUT-BACK CROSS

- &1,2 Step right foot to right side, cross rock left foot over right foot, recover weight onto right
&3,4 Step left foot to left side, cross right foot over left foot, unwind a full turn to left
5&6& Step left foot to left side, touch right toe next to left , step right foot to right side, touch left toe next to right
7&8& Step left foot out to left diagonal, step right foot out to right diagonal, step back on left foot, cross right foot over left foot

START AGAIN AND ENJOY!
