

Diamond Girl

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Marjorie Barnabas-Shaw (MY) - July 2008
音樂: The Ballad of Big Poppa and Diamond Girl - Cobra Starship : (Album: While The City Sleeps We Rule The Streets, Track 9)



Intro Count : 32 counts

A. STROLL BACK, SLIDE, STEP, STROLL BACK, SLIDE (CIRCULAR SHOULDER MOVEMENTS).

- 1-2 Stroll back on left. Stroll back on right.
- 3-4 Stroll back on left. Bending right knee and right shoulder back slide back right.
- 5-6 Step back on right foot. Stroll back on left.
- 7-8 Stroll back on right. Bending left knee and left shoulder back slide back left.

B. ROCK BACK LEFT (lift right foot off ground), RECOVER, SHUFFLE, ROCK SIDE RIGHT, CROSS AND CROSS.

- 1-2 Rock back left (lift right foot slightly forward off the ground). Recover onto right foot.
- 3&4 Step left forward. Close right beside left. Step left forward.
- 5-6 Rock right to right side. Recover onto left.
- 7&8 Cross right over left. Step left to left side. Cross right over left.

C. SIDE ROCK, CROSS ROCK BACK AND, STEP, CROSS RIGHT, AND 1/4 RIGHT, 1/2 TURN SHUFFLE RIGHT.

- 1-2 Rock left to left side. Recover onto right.
- 3&4 Cross rock left behind right. Recover onto right. Step left beside right.
- 5-6 Cross right over left. Turn 1/4 right stepping back on left foot.
- 7&8 Shuffle 1/2 turn right on right, left, right.

D. WALK FORWARD LEFT-RIGHT, COASTER, WALK FORWARD RIGHT-LEFT, MODIFIED COASTER-POINT.

- 1-2 Walk forward left. Walk forward right.
- 3&4 Step back left. Step right beside left. Step forward left.
- 5-6 Walk forward right. Walk forward left.
- 7&8 Step back right. Step left beside right. Point right toe to right side.

E. CROSS, BACK AND CROSS POINT, CROSS, BACK AND CROSS, POINT.

- 1-2 Cross right over left. Step back left.
- &3-4 Step right beside left. Cross left over right. Point right toe to right side
- 5-6 Cross right over left. Step back left.
- &7-8 Step right beside left. Cross left over right. Point right toe to right side.

F. FORWARD RIGHT MAMBO STEP, HOLD, BACK LEFT MAMBO STEP, HOLD.

- 1-2 Rock forward right. Recover onto left.
- 3-4 Step back right. Hold.
- 5-6 Rock back left. Recover onto right
- 7-8 Step forward left. Hold.

G. CROSS, BACK AND CROSS POINT, CROSS, BACK AND CROSS, POINT TOE TO SIDE.

- 1-2 Cross right over left. Step back left.
- &3-4 Step right beside left. Cross left over right. Point right toe to right side.
- 5-6 Cross right over left. Step back left.
- &7-8 Step right beside left. Cross left over right. Point right toe to right side.

H. ROCKING CHAIR FORWARD RIGHT, HIP BUMPS FORWARD RIGHT.

- 1-2 Rock forward on right. Rock back onto left.
- 3-4 Rock back on right. Recover forward onto left.
- 5-6 Step diagonally forward right (Bump right hips to right). Bump hips to left.
- 7&8 Shifting weight right to left to right incorporate hip bumps right-left-right (weight ending on right foot).

BRIDGE : At The End of 2nd Sequence or (128 counts)

- 1-4 Walk forward: Left-Right-Left-Right
- 5&6 Step diagonally forward left and shimmy.
- 7&8 Step diagonally forward right and shimmy.

~ * ~ DANCE LIKE YOU HAVE NEVER DANCED BEFORE ~ * ~
