## Diamonds

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Music:
Rhythm/Phase:
Footwork:
Sequence: Diamonds by Rihanna (CD Diamonds by Rihanna or Bravo Hits 80) SB PH IV $+2+1$ (Shadow Bota Fogo, Bota Fogo, Prog Walks) Cuesheet written in $4 / 4$ measurement Opposite throughout, directions for $M$ unless otherwise stated Intro - ABCD-ABCD-AB-End

## INTRO

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1-4 CP/LOD - Id ft free - WAIT 1 MEAS; 3 LAZY SAMBA TURNS;;;
    1 CP M fcg LOD - ld ft free wt 1 meas;
    2 {Lazy SB trns} Fwd L trng 1/8 LF/cl R, in pl L, bk R trng 1/8 LF /cl L, in pl R;
        (W Bk R trng 1/8 LF/cl L, in pl R, fwd trng 1/8 LF /cl R, in pl L;) to fc COH
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    3-4 Repeat meas 2 twice to fc first time RLOD and last time WALL;;
    
## Part A

## 1-6 2 SHADOW BOTA FOGOS;; CRISS CROSS SLOW AND FAST; ;;;

 2 SHADOW BOTA FOGOS;; CRISS CROSS SLOW AND FAST;;;;1á2 1 \{2 Shadow Bota Fogos\} Fwd L twd DLW to chg sds bhd lady /
sd \& fwd $R$ w/ partial weight on insd edge of toe trn $1 / 4 \mathrm{LF}$, rec L , fwd R twd DLC to chg sds beh lady / sd \& fwd $L$ w/ partial weight on insd edge of toe trn $1 / 4 R F$, rec $R$; (W Fwd R twd DLC to chg sds in front of $M /$ sd \& fwd $L$ w/ partial weight on insd edge of toe trn $1 / 4 R F$, rec $R$, fwd L twd DLW to chg sds in front of M / sd \& fwd R w/ partial weight on insd edge of toe trn $1 / 4 \mathrm{RF}$, rec L;)
2-3 \{Criss Cross slow and fast\} Dropping hnds chng sd in a wide LF curve
1-á3-a Xing bhd W XLif, - / sd R, XLif, - / sd R; XLif / sd R, XLif / sd R, XLif / sd R,
1á2á $\quad$ XLif mving twd LOD crving to fc DLC; (Chng sd in a wide RF curve Xing in frnt of M XRif, - / sd L, XRif, - / sd L; XRif / sd L, XRif / sd L, XRif / sd L, XRif mving twd LOD crving to fce DLW;) join trail hnds
Arms: On the first $X$ of the sl Volta sweep both arms down and up in front of you to chest height with arms crossed. On the second cross of the Slow Volta continue to raise the arms in a "sunburst" overhead in front of you.On the quick volta continue to extend the arms up and out. The arm movements should be continuous.
$4-6$ repeat meas $1-3$ in the opposite dir;;;

## 7-8 WHISK LEFT AND RIGHT;; SIDE BASIC-TWICE TO SCP;;

1á2 7 \{Whisk L \& R\} Sd L / XRib, rec L, Sd R / XLib, rec R; (W Sd R / XLib, rec R, Sd L / XRib, rec L;)

3á4
1á2
3á4

8 \{Side Basic-twice\} Sd L/cl R to L, R stp in plc; Sd R/cl L to R, L stp in plc; (W Sd R/cl L to R, L stp in plc; Sd L/cl R to L, R stp in plc;)

## Part B

| 1-8 | 3 SAMBA WALKS; , PU; ½ BOX TO BANJO, 4 PROGRESSIVE WALKS; , |
| :---: | :---: |
|  | BOTA FOGO TO BFLY; TRAVELING VOLTA WITH BOTA ENDING; |
|  | TRAVELING VOLTAS; WHISK LEFT AND RIGHT; |
| 1 á2 | 1-2 \{3 SB Wlks\} Fwd L / pl R bk on insd edge of toe, pull $L$ bk twd $R$ about 3 inches flat |
| 3á4 | ft, fwd R/pl L bk on insd edge of toe, pull R bk twd L about 3 inches flat foot; Fwd $L / \mathrm{pl}$ $R$ bk on insd edge of toe, pull $L$ bk twd $R$ about 3 inches flat $f t$, <br> (W Fwd R / pl L bk on inside edge of toe, pull $R$ bk twd $L$ about 3 inches flat ft, fwd $L / p l R$ bk on insd edge of toe, pull $L$ bk twd $R$ about 3 inches flat ft'; Fwd R / pl L bk on inside edge of toe, pull $R$ bk twd $L$ about 3 inches flat ft , <br> \{Pickup\} Thru R /sd L cl R (W Thru L trng LF to PU / sd R, cl L) to CP LOD; |
| 1 á2 | 3-5 \{1⁄2 Box to Bjo\} Fwd L/sd R, cl L to R trng 1/8 LF to Bjo/DLC, <br> (W Bwd R / sd R, cl L to R trng 1/8 LF to fc DRW,) |
| 3á4 |  |
| 1 á2 | fwd R trn $1 / 4 \mathrm{LF}$, cl $L$ to R, fwd R twd DLC/ sd \& fwd $L$ trn $1 / 4 R F$, cl R to L; Fwd $L$ twd |
| 3á4 | DLW/ sd \& fwd R trn 1/4LF, cl L to R, (W Bwd L twd DLC/ sd \& bwd R trn 1/4RF, |
| 1 á2 | cl L to R; Bwd R twd DLW/ sd \& bwd L trn $1 / 4 \mathrm{LF}$, cl $R$ to $L$, bwd $L$ twd DLC/ sd \& bwd $R$ trn $1 / 4 R F$, cl L to R; bwd R twd DLW/ sd \& bwd L trn $1 ⁄ 4 \mathrm{LF}$, cl R to $L$, |
| 3 3 4 | \{Bota Fogo to Bfly\} Fwd R twd DLC/sd \& fwd L w/ partial weight on insd edge of toe trn 1/8 RF to Bfly, rec R; (W Bwd L twd DLC / sd \& bwd R w/ partial weight on insd edge of toe trn 1/8 RF to Bfly, rec L; |
| 1á2á | 6 \{Trav Volta with Bota End\} L XIF/ sd \& bk R, L XIF/ sd \& bk R, L XIF/ sd R with partial |
| 3á4 | wght, rec L; (W R XIF/sd \& bk L, R XIF/sd \& bk L, R XIF/sd L with partial wght, rec R;) |
| 1á2á | $7 \quad\{T r a v$ Volta R XIF/ sd \& bk L, R XIF/ sd \& bk L, R XIF/ sd \& bk L, R XIF; |
| 3á4 | (W L XIF/ sd \& bk R, L XIF/sd \& bk R, L XIF/ sd \& bk R, L XIF;) |
|  | 8 \{Whisk L \& R\} Repeat Meas 7 of Part A; |

## Part C

## 1-8 SPOLT VOLTA; WHISK R AND L; SPOT VOLTA; WHISK L AND R;

 LAZY SAMBA TURN;:;;1 \{Spot Volta\} Trng LF approx one full turn XLif / sd R, XLif / sd R;
XLif / sd R, XLif to end fcg ptr \& WALL;
(W Trng RF XRif / sd L, XRif / sde L, XRif / sd L, XRif;
[*Optional: If you like, do two full turns]
2 \{Whisk R \& L\} Sd R / XLib, rec R, Sd L / XRib, rec L; (W Sd L / XRib, rec L, Sd R / XLib, rec R;)
3 \{Spot Volta\} repeat meas 1 in the opposite DIR;
4 \{Whisk L \& R\} Repeat Meas 7 of Part A;
5-8 \{Lazy SB trns\} Repeat meas 2 of Intro 4 times starting and finish fcg WALL;,;,;

## Part D

## 1-8 MARCHESSI;; HALF LEFT TURNING BOX; MARCHESSI;;

HALF LEFT TURNING BOX; BOX-TURN TO FC LOD; REVERSE TURN;
1á2á $\quad$ 1-2 \{Marchessi\} Press $L$ heel fwd shifting wght to cause $R \mathrm{ft}$ to slightly rel from
3á4á floor/rec to $R$ in pl, press $L$ toe bk shifting wght to cause $R \mathrm{ft}$ to slightly rel from floor/rec to $R$ in pl, press $L$ heel fwd shifting wght to cause $R$ ft to slightly rel from floor/rec to $R$ in pl, press $L$ heel fwd shifting wght fwd to cause $R$ ft to slightly rel from floor/rec to R in pl ; press L toe bk shifting wght to cause R ft to slightly release from floor/rec to $R$ in pl, press $L$ heel fwd shifting wght to cause $R \mathrm{ft}$ to slightly rel from floor/rec to R in pl , press L toe bk shifting wght to cause R ft to slightly rel from floor/rec to R in pl, press L toe bk shifting wght to cause R ft to
slightly rel from floor/rec to R in pl ;
(M Press $R$ toe bk shifting wght to cause $L$ ft to slightly rel from floor/rec to $L$ in place, press $R$ heel fwd shifting wght to cause $L$ ft to slightly rel from floor/rec to $L$ in pl, press R toe $b k$ shifting wght to cause L ft to slightly rel from floor/rec to L in pl , press $R$ toe bk shifting wght to cause $L$ ft to slightly rel from floor/rec to $L$ in pl; press $R$ heel fwd shifting wght to cause $L$ ft to slightly rel from floor/rec to $L$ in pl, press $R$ toe bk shifting wght to cause $L$ ft to slightly rel from floor/rec to $L$ in $p l$, press $R$ heel fwd shifting wght to cause $L$ ft to slightly rel from floor/rec to $L$ in pl, press $R$ heel fwd shifting wght to cause $L$ ft to slightly rel from floor/rec to $L$ in pl;)
$\{L$ Trng Box $1 / 2\}$ Trn fwd L $1 / 4 \mathrm{LF} /$ sd R, cl L to R, bwd R trn $1 / 4 \mathrm{LF} / \mathrm{sd} \mathrm{L}, \mathrm{cl} R$ to $L$ to fc COH; (W Trn bwd R $1 / 4 \mathrm{LF} /$ sd L , cl R to $L$, fwd $L$ trn $1 / 4 \mathrm{LF} /$ sd R, cl L to $R$ to fc WALL;)

## 4-6 Repeat meas 1-3 of Part D in opposite dir;;;

7 \{Box-trn to fc LOD\} Fwd L/sd R, cl L to R, bwd R trn $1 / 4 \mathrm{LF}$ to fc LOD / sd L, cl R to L; (W Bwd R / sd L, cl R to L, fwd L trn $1 / 4 \mathrm{LF}$ to fc LOD / sd R, cl L to R;)
8 \{Rev Trn\} Fwd L trng LF/sd R, L XIF of R cont trng, bk R cont trng / sd L, cl R; (W Bk R trng LF / sd L, cl R, fwd L cont trng / sd R, L XIF of R cont trng;)

## End

1
JUMP APART;
$1 \quad 1$ \{Jump apt\} Jump apt on both feet

## Diamonds (Headcues)

## Sequence: Intro-ABCD-ABCD-AB-End

Intro: CP fcg LOD wait; 3 Lazy Samba Trns;;;
Part A: 2 Shadow Bota Fogos; Criss Cross slow and fast;;
2 Shadow Bota Fogos; Criss Cross slow and fast;;
Whisk L \& R; Side Basic-twice to SCP;
Part B: 3 Samba Wks;,, PU; ½ Box to Bjo,,
4 Progressive Walks;;,, Bota Fogo to Bfly;
Traveling Voltas with Bota Ending;
Traveling Voltas; Whisk L \& R;
Part C: Spot Volta; Whisk R \& L; Spot Volta; Whisk L \& R;
Lazy Samba Turn;;,;
Part D: Marchessi;; Left trng Box-half way; Marchessi;;
Left trng Box-half way; Box to PU; Reverse Turns to fc WALL;
End: Jump Apart;

