STEPPIN'OFF









No Diggity Blues

4 WALL – 32 COUNTS – INTERMEDIATE			
STEPS	Actual Footwork	Calling Suggestion	DIRECTION
Section 1	Dorothy Step, Forward Lock Step, Hitch, Hip Roll Right, Hip Roll Left 1/4 Turn		
1 – 2 &	Step right diagonally forward. Lock left behind right. Step right diagonally forward.	Right Dorothy	Forward
3 & 4	Step left diagonally forward. Lock right behind left. Step left diagonally forward.	Left Lock Left	
&	Hitch right knee.	Hitch	
5	Step right to right side and begin hip roll anticlockwise.	Hip Roll	On the spot
6	Bump hip to left (weight stays on right).	Bump	
7	Transfer weight onto left and begin hip roll clockwise.	Hip Roll	
8	Turn 1/4 right bumping hip to right (weight stays on left). (3:00)	Quarter	Turning right
Section 2	Ball Step, Step, Pivot 1/4, Cross, 3/4 Turn, Lunge, Back, 1/4 Turn, Cross, Hitch		
& 1	Step right beside left. Step left forward.	& Step	Forward
2 &	Step right forward. Pivot 1/4 turn left. (12:00)	Step Pivot	Turning left
3 & 4	Cross right over left. Turn 1/4 right stepping left back. Turn 1/2 right stepping right forward.	Cross Three Quarter	Turning right
5 – 6	Lunge forward on left. Recover onto right. (9:00)	Lunge Forward	On the spot
& 7	Step left back. Turn 1/4 right stepping stepping right to side. (12:00)	& Quarter	Turning right
& 8	Cross left over right. Hitch right knee.	Cross Hitch	Right
Section 3	Cross, Side, Syncopated Sailor, Step, Sweep, Cross, Back, 1/4, Cross, Lifted 1/2		
1 – 2	Cross right over left. Step left to left side.	Cross Side	Left
& 3 &	Cross right behind left. Step left to left side. Step right diagonally forward right.	Sailor Step	On the spot
4 – 5	Step left forward. Begin sweeping right from back to front.	Step Sweep	Forward
6 &	Cross right over left. Step left back.	Cross Back	On the spot
7 &	Turn 1/4 right stepping right to right side. Cross left over right. (3:00)	Quarter Cross	Turning right
8	Stepping right to side turn 1/2 left on ball of right, lifting left straight leg. (9:00)	Half	Turning left
Section 4	Side, Hold, Touch, Hip Bump, Side Rock, Triple Full Turn		
1 – 2	Step left to left side. Hold.	Side Hold	Left
3 – 4	Touch right toe forward while bumping hip forward. Take weight onto right.	Touch Bump	On the spot
5 – 6	Rock left to left side. Recover onto right.	Side Rock	
7 & 8	Triple step full turn left, stepping - left, right, left. (9:00)	Triple Full Turn	Turning left

Choreographed by: Darren Bailey (UK) and Roy Verdonk (NL) December 2013

Choreographed to: 'No Diggity' by Oli Brown from CD Heads I Win, Tails You Lose; download available from amazon or iTunes (following lyrics 'I think about the girl all the time', start on word East - 'East side to the west side')

Choreographers' note: Choreographed for Berth Ek, his 10th anniversary party at AdventsSparken

