DIAMONDS ARE FOREVER

Music: The New Cascading Strings John Gregory
Cascading Strings
www.cduniverse.com/ Cascading Strings
Track # 13 Time 2:42
Also on www.minilog.com
James Bond-007 Opening Sequences
Available from choreographer

Rhythm: Rumba Phase: V
Footwork: Opposite except where (Noted)
Release Date: Apr 15
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Sequence: INTRO AA B AB END

INTRO

01-04 CP WALL LEAD FOOT FREE WAIT 4 MEASURES ; ; ; ;
   {Wait} CP WALL ld ft free wt 4 meas ; ; ; ;

05-08 BASIC 1/2 INTO A FULL NATURAL TOP ; ; ; ;
   {Basic ½ Into a Full Natural Top} Fwd L, rec R, sd L trng RF (W bk R, rec L, fwd R btw M’s ft) to CP RLOD, -;
   Cont RF trn XRib, compg ¾ RF trn sd L, XRib (W sd L, XRif btw M’s ft, sd L) to CP WALL, -;
   Cont RF trn sd L, XRif, cont RF trn sd L (W XRif, cont RF trn sd L, XRif), -;
   XLib, cont RF trn sd R, cls L (W cont RF trn sd L, XRif, cls L) end to CP WALL, -;

PART A

01-04 ALEMANA INTO A LARIAT 3/ M TURN to FC ; ; ; SIDE WALK 3 ;
   {Alemana Into a Lariat 3/M Turn to Fc} Fwd L, rec R, cl L to R (W bk R, rec L, fwd & sd R to l-sd of M), -;
   Bk R, rec L, sd R (W fwd XLif turn RF, fwd R cont turn, sd L to bjo M), -;
   Rk bk L, rec R, sd L trng ½ LF on last stp to fc W and COH (W circ CW arnd M passing R shldrs stepping fwd R, l/ w/ jnd ld hnds passing ovr M’s hd to fc LOD then swvl ¾ RF on R to fc M and WALL), -;
   {Sd Walk 3} Sd R, cl L, sd R, -;

05-08 REVERSE UNDERARM TURN ; WHIP to WALL ; AIDA to RLOD ; SWITCH ROCK ;
   {Reverse Underarm Turn} Raisg jnd ld hnds XLif, rec R, sd L (W XRif undr jnd ld hnds trng LF ½. rec L contg LF trn to fc ptr, sd R) to BFLY COH, -;
   {Whip to WALL} Bk R trng ¾ LF, rec L trng ¾ LF, sd R (W fwd L reachg in frt of M startg LF trn, fwd & sd R contg LF trn to fc M, sd L) to BFLY WALL, -;
   {Aida to RLOD} Thru L, sd R trng LF, bk L cont LF trn to V-bk-to-bk pos LOD, -;
   {Switch Rock} Sd & bk R trng RF to fc ptr, hip rl R, hip rk R, -;

09-10 NEW YORKER TWICE ; ;
   {New Yorker x 2} XLif (W XRif) to LOP, rec R to fc ptr, sd L, -;
   XRif (W XLif) to OP, rec L to fc ptr, sd R, -;

PART B

01-04 CROSS BODY/W SPIRAL & r-hndshk ; ; TRADE PLACES TWICE ; ;
   {Cross Body/W Spiral} Fwd L, rec R, sd & bk L trng ¼ LF (W bk R, rec L, fwd R spiraling 7/8 LF under joined ld hands) to “L” CP M fgc RLOD W fgc WALL, -;
   Bk R contg LF trn, rec L comp LF trn to CP WALL, sd R (W comm trng LF fwd L, fwd & sd R cont trng LF to fc ptr, sd L) to r-hndshk COH, -;
   {Trade Places x 2} With r-hnds jnd rk apt L, rec R trng ¾ RF to fc LOD beh W then rel jnd R hnds, cont to trn RF to fc ptr & WALL stepping sd & bk L twd COH (W rk apt R, rec L trng ½ LF to fc LOD front of M then rel jnd R hnds, cont LF trn to fc ptr & COH stepping sd & bk R twd WALL) joining l-hnds, -;
   With l-hnds jnd rk apt R, rec L trng ¾ LF to fc LOD beh W then rel jnd L-hnds, cont to trn LF to fc ptr & COH stepping sd & bk R twd WALL (W rk apt L, rec R trng ¾ RF to fc LOD in front of M then rel jnd l-hnds, cont RF trn to fc ptr & COH stepping sd & bk L twd COH), -;
05-10  FENCE LINE; THRU SERPIENTE; M ROLL ACROSS; W ROLL ACROSS; WHIP to WALL;  
[Fence Line] XLif w/ bent knee, rec R, sd L, ·; [Thru Serpiente] Thru R, sd L, XRib (W XLib), flare L CCW (W CW); XLib (W XRib), sd R, thru L, flare R CCW (W CW); [M Roll Across] Fwd R begin RF trn, sd & fwd L Xif of W cont trn, sd & fwd R to ½ LOP LOD w/ free arms out to sd (W Fwd L, R, L), ·; [W Roll Across] Fwd L, R, L (W fwd R begin RF trn, sd & fwd L Xif of M cont trn, fwd & sd R) to ½ OP DLC w/ lead arms extended to sd , ·;  
[Whip] Repeat meas 6 Part A;  

ENDING  

01-04  BASIC 1/2 INTO A FULL NATURAL TOP; ·; ·;  
[Basic to a Full Natural Top] Repeat meas 5, 6, 7 & 8 Intro; ·; ·;  

05-10  CUDDLE TWICE & r-hndshk; ·; FLIRT to TANDEM; ·; SWEETHEART; CHECK THRU & HOLD;  
[Cuddle x 2 & r-hndshk] Sd L, rec R, cl L placing R hnd on W's L shldr blade (W trng ½ RF bk R with R arm out to sd, rec L trng ½ LF, sd R plcg R hnd on M's L shldr), ·; Sd R, rec L, cl R placing L hnd on W's R shldr blade (W trng ½ LF bk L with L arm out to sd, rec R trng ½ RF, sd L plcg L hnd on M's R shldr) & r-hndshk, ·; [Flirt to Tandem] Fwd L, rec R, sd L (W bk R, rec L, fwd R, swvl 1/2 LF) to VARS WALL; Bk R, rec L, sd R (W bk L, rec R, sd L slidg if of M) reg hnds to L-TANDEM WALL, ·; [Sweetheart] Chk Fwd L & look at ptr, rec R, sd L w/ lead arms out to sd & trail arms extended fwd (W Bk R & look at ptr, rec L, slidg if of M sd R), ·; [Chk Thru & Hold] Chk Fwd R & look at ptr, w/ lead arms extended fwd & trail arms out to sd , Hold;