

My Pretty Belinda

Choreographed by: Vikki Morris (UK) February 2011

Choreographed to: 'Pretty Belinda' by Dr Victor & The Rasta Rebels from CD Greatest Hits;

Choreographer's note: At 2 min 57 sec the track slows and stops for 4 beats. Keep dancing - it kicks back in again. This dance is intended to introduce beginners to diagonal steps, currently popular in dances.

Section 1 Cross rock, Chasse right, Cross rock, Chasse left

- 1 – 2 Cross rock right over left. Recover onto left.
- 3 & 4 Step right to right side. Close left beside right.
- 5 – 6 Cross rock left over right. Recover onto right.
- 7 & 8 Step left to left side. Close right beside left.

Section 2 Weave left, rocking Chair (to left Diagonal)

- 1 – 2 Cross right over left. Step left to left side.
- 3 – 4 Cross right behind left. Step left to left side.
- 5 – 6 Rock right forward to left diagonal. Recover onto left.
- 7 – 8 Rock right back to left diagonal. Recover onto left.

Section 3 Paddle 1/4 left x 2, Jazz box, step

- 1 – 2 Step right forward. Pivot 1/4 turn left. (9:00)
 - 3 – 4 Step right forward. Pivot 1/4 turn left. (6:00)
- Note Counts 1 - 4: use hips to paddle.
- 5 – 8 Cross right over left. Step left back. Step right to right side. Step left forward.

Section 4 (to right Diagonal) right lock, lock step, (to left Diagonal) left lock, lock step

- 1 – 2 Step right forward to right diagonal. Lock left behind right.
- 3 & 4 Step right forward to right diagonal. Lock left behind right.
- 5 – 6 Step left forward to left diagonal. Lock right behind left.
- 7 & 8 Step left forward to left diagonal. Lock right behind left.