

A GIRL'S BEST FRIEND

Choreographers: Takao & Setsuko Ito 4-2-43 Honcho Odawara-shi Kanagawa
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Music : "Diamond Are a Girl's Best Friend"

Download: Amazon Artist: Ross Mitchell, His Band & Singers

Album: 30 Top Quickstep Track 25 time 1:55

Rhythm : Quickstep ph IV+0+1(Chasse Weave) Speed :Slow to Suite(-5%)

Footwork : Opposite, directions for man(lady as noted) Date: August 2022 Ver.1.0

Sequence : Intro - A - B - C - A - B - Ending



Meas

INTRO

1~ 4 OP-FC/Wall Wait 2 meas;; Apt Pt; Pickup Tch(DP/DW);

1- 2 OP-Fc/Wall lead foot free for both wait 2 meas;;

SS 3 {Apt Pt} Bk L,-, pt fwd R twd partner,-;

SS 4 {Pickup Tch} Tog R lead W pickup,-, tch L beside R CP/DW,-;

Meas

PART A

1~ 8 Quarter Trn & Pro Chasse;;, Fwd; Fishtail; Fwd Manuv Sd Cl;;, Impetus to SCP;;

SSQSS 1- 4 {Quarter Trn & Prog Chasse Fwd} Fwd L,-, fwd R commence RF trn,-; Cont RF trn
SSQSS sd L, cont RF trn cl R fc RDW, sd & bk L,-; Bk R commence LF trn fc wall,-,
sd L, cl R; Sd & fwd L to contra Bjo fc DW,-, fwd R,-;

QQQQ 5 {Fishtail} XLIB of R slightly RF trn, Sd R, fwd L, XRIB of L Bjo/DW;

SSQQ 6- 8 {Fwd Manuv Sd Cl} Fwd L,-, fwd R commence RF trn,-; Cont RF trn sd L, cl R
CP/RLD,

SSS {Impetus 3S to SCP} Bk L commence RF trn,-; Cl R cont RF trn(heel trn),-, SCP
fwd L(W fwd R heel to toe pivot 1/2 RF,-; Sd & fwd L cont RF trn around man
brush R to L,-, fwd R) SCP/LD,-;

9~16 Wing to Scar;;, Cross Swivel Bjo Ck;; Bk & Running Bk Lks;;, Impetus to SCP;; Slow Sd Lk(CP/DC);

SSS 9-11 {Wing 3S} Fwd R,-; Draw L to R,-, tch L to R(W across front of M fwd L commence
LF trn,-; Cont LF trn fwd R,-, cont LF trn fwd L) SCAR/DC,-;

SSS {Cross Swivel Bjo Ck} Fwd L,-; Swivel LF on L fc RLOD,-, ck fwd R Bjo/RLD,-;

SQQQQ 12-15 {Bk & Running Bk Lks} Bk L,-, bk R/XLIF of R; Bk R, bk L, bk R/XLIF of R;
QSS Bk R,-,

SSS {Impetus 3S to SCP} Bk L commence RF trn,-; Cl R cont RF trn(heel trn),-, SCP
fwd L(W fwd R heel to toe pivot 1/2 RF,-; Sd & fwd L cont RF trn around man
brush R to L,-, fwd R) SCP/LD,-;

SQQ 16 {Slow Sd Lk} Thru R, sd L lead W pickup,-, slightly LF trn XRIB of L(W thru L
commence LF trn, cont LF trn sd R, cont trn XLIF of R) CP/DC;

Meas

PART B

1~ 8 Chasse Weave;;(Bjo/DW); Stp Hop Twice; Fwd Lk Fwd; Manuv Sd Cl; Heel Pull(CP/LD);

SQQSS 1- 4 {Chasse Weave} Fwd L commence LF trn,-, cont LF trn sd R, cl L; Sd & bk R,-,
SQQSS bk L Bjo/RDW,-; Bk R commence LF trn,- cont LF trn sd L, cl R; Sd & fwd L,-,
fwd R Bjo/DW,-;

Q-Q- 5 {Stp Hop Twice} Fwd L, hop on L, fwd R, hop on R;

QSS 6 {Fwd Lk Fwd} Fwd L, XRIB of L, Fwd L,-;

SQQ 7 {Manuv Sd Cl} Fwd R commence RF trn,-, cont RF trn sd L, cl R CP/RLD;

SS 8 {Heel Pull} Bk L commence RF trn,-, fwd R cont RF trn on L pull R heel twd L
(SQ-) and chg weight to R,-(W fwd R trning RF,-, sd L, draw R to L) CP/LD;

9~16 Fwd Manuv Sd Cl;; Spin Trn;; Box Finish(CP/DC); Rev Chasse Trn; (CP/DW); Whisk & Pickup;(CP/DC);

SSQQ 9-11 {Fwd Manuv Sd Cl} Fwd L,-, fwd R commence RF trn,-; Cont RF trn sd L, cl R
CP/RLD,

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- SSS {Spin trn 3S} Bk L pivot 1/2 RF,-; Fwd R between W's feet heel to toe cont RF trn fc DW,-; Sd & bk L(W fwd R between M's feet heel to toe pivot 1/2 RF,-; bk L cont RF trn brush R to L,-; sd & fwd R),-;
- SQQ 12 {Box Fin} Bk R commence LF trn,-; cont trn fc DC sd L, cl R;
- SQQ 13-14 {Rev Chasse Trn} Fwd L commence LF trn,-; sd R cont LF trn, cl L to R;
- S--(SQQ) Bk R commence LF trn,-; cont LF trn fc DW tch L to R,-(W fwd L commence LF trn,-; cont LF trn sd R, cl L) CP/DW;
- SSS 15-16 {Whisk & Pickup} Fwd L,-; sd R,-; XLIB of R SCP/LOD,-; thru R lead W pickup CP/DC,-;

Meas

PART C

- 1~12 Telemark to SCP;,, Thru to; Q Oversway; & Rec; Circle Away 4 S;; Slow Sd Break & Press Ending;; Strut Tog 4;(CP/Wall); Chasse 4; SCP Walk & Pickup(CP/DW);**

- SSS 1- 3 {Telemark 3S to SCP} Fwd L commence LF trn,-; sd R cont LF trn,-; Sd & fwd L(W bk R commence LF trn bring L beside R with no weight,-; cont LF trn on R heel and change weight to L,-; Sd & fwd R) SCP/LOD,-;
- SQ-- {Thru to Q Oversway} Thru R,-; Sd & fwd L stretch body upward, sharply flex L knee and sway to right allowing R to sd into a point to the sd while looking at partner(W thru L,-; sd & fwd R stretch body upward, sharply flex R knee and sway to the left allowing R to sd into a point to the sd while looking well to the left),-,-;
- S 4 {Rec} Hold,-; rec R to SCP,-;
- SSSS 5- 6 {Circle Away 4S} Fwd L trning LF twd COH(W RF twd wall),-, fwd R cont LF(W RF) trn,-; Fwd L cont LF trn,-; cont trn fwd R fc Wall(W fc COH),-;
- &S-- 7 {Slow Sd Break} Sd L/sd R arms sd palms twd partner,-,-,-;
- &S-- 8 {Press Ending} Half cl L/small stp bk R & L foot press,-,-,-;
- SSSS 9-10 {Strut Tog 4} Fwd L,-; fwd R,-; Fwd L,-; fwd R CP/Wall,-;
- QQQQ 11 {Chasse 4} Sd L, cl R, sd L, cl R;
- SS 12 {Walk & Pick-up} Blend SCP fwd L,-; fwd R lead W pickup CP/DW,-;

Meas

ENDING

- 1~10 Telemark to SCP;,, Thru Chasse Bjo;; Manuv Sd Cl; Spin Trn 3S;,, & Bk Ck(CP/DW); Quarter Trn & Prog Chasse;;;, & Fwd;**

- SSS 1- 3 {Telemark 3S to SCP} Fwd L commence LF trn,-; sd R cont LF trn,-; Sd & fwd L(W bk R commence LF trn bring L beside R with no weight,-; cont LF trn on R heel and change weight to L,-; Sd & fwd R) SCP/LOD,-;
- SQQS {Thru Chasse Bjo} Thru R,-; Sd L, cl R, sd & fwd L Bjo/DW,-;
- SQQ 4 {Manuv Sd Cl} Fwd R commence RF trn,-; Cont RF trn sd L, cl R CP/RL0D,
- SSSS 5- 6 {Spin Trn 3S & Bk Ck} Bk L pivot 1/2 RF,-; fwd R between W's feet heel to toe cont RF trn fc DW,-; Sd & bk L(W fwd R between M's feet heel to toe pivot 1/2 RF,-; bk L cont RF trn brush R to L,-; sd & fwd R) CP/DW,-; ck bk L,-;
- 7-10 Repeat meas 1-4 of Part A;;;;

- 11~16 Fwd Lk Fwd; Fwd Sd Cl; Roll 2; Sd Cl; Chasse 4; Sd & Tap XIB;**

- QQS 11 {Fwd Lk Fwd} Fwd L, XRIB of L, fwd L,-;
- SQQ 12 {Fwd Sd Cl} Fwd R fc partner,-; sd L, cl R;
- SS 13-14 {Roll 2} Sd & fwd L commence LF roll,-; sd & bk R cont LF roll fc partner,-; sd L,-; cl R fcing partner & Wall no hands joined,-;
- SS
- QQQQ 15 {Chasse 4} Sd L, cl R, sd L, cl R;
- S-- 16 {Sd & Tap XIB} Sd L hands on hip,-; tap XRIB of L,-;

A GIRL'S BEST FRIEND

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Rhythm : Quickstep/Two Step ph IV+0+1 (Chasse Weave)

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PART A

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Impetus to SCP;;

9~16 Wing to Scar;;; Cross Swivel Bjo Ck;; Bk & Running Bk Lks;;;,
Impetus to SCP;; Slow Sd Lk(CP/DC);

PART B

1~ 8 Chasse Weave;;;(Bjo/DW); Stp Hop Twice; Fwd Lk Fwd;
Manuv Sd Cl; Heel Pull(CP/LOD);

9~16 Fwd Manuv Sd Cl;;; Spin Trn;; Box Finish(CP/DC); Rev Chasse Trn;
(CP/DW); Whisk & Pickup;(CP/DC);

PART C

1~12 Telemark to SCP;;; Thru to; Q Oversway; & Rec; Circle Away 4 S;;
Slow Sd Break & Press Ending;; Strut Tog 4;(CP/Wall); Chasse 4;
SCP Walk & Pickup(CP/DW);

PART A

1~ 8 Quarter Trn & Pro Chasse;;;; Fwd; Fishtail; Fwd Manuv Sd Cl;;
Impetus to SCP;;

9~16 Wing to Scar;;; Cross Swivel Bjo Ck;; Bk & Running Bk Lks;;;,
Impetus to SCP;; Slow Sd Lk(CP/DC);

PART B

1~ 8 Chasse Weave;;;(Bjo/DW); Stp Hop Twice; Fwd Lk Fwd;
Manuv Sd Cl; Heel Pull(CP/LOD);

9~16 Fwd Manuv Sd Cl;;; Spin Trn;; Box Finish(CP/DC); Rev Chasse Trn;
(CP/DW); Whisk & Pickup;(CP/DC);

ENDING

1~10 Telemark to SCP;;; Thru Chasse Bjo;; Manuv Sd Cl; Spin Trn 3S;;
& Bk Ck(CP/DW); Quarter Trn & Prog Chasse;;;; & Fwd;

11~16 Fwd Lk Fwd; Fwd Sd Cl; Roll 2; Sd Cl; Chasse 4; Sd & Tap XIB;