

**Longer Center Exercise for Advanced 18+ at a professional studio:****Name and music of artist:** “No Diggity” by Tyler Ward**Combo begins at:** 0:29**Meter:** 4/4**Type of exercise:** Center exercise**Starting position:** CS, Facing DS

| Measures | Counts                    | Movement                                                     | Head and Arms             | Miscellaneous                                                                          |
|----------|---------------------------|--------------------------------------------------------------|---------------------------|----------------------------------------------------------------------------------------|
| 1        | 1 2 3 / 4                 | hl drg - R / clap                                            | H: frt , A: NA, clap on 4 | REM: levels on hl drg<br>IM: drawing a ½ circle with your heel                         |
| 2        | 5&a6 / & / a / <u>7 8</u> | pd- R / hd - L / hd - R /<br><u>sto - L x2</u>               | H: frt , A: NA            |                                                                                        |
| 3        | 1 & 2 / 3 4               | sh st - L / hd - L x2 AST<br>drg - R                         | H: frt , A: NA            |                                                                                        |
| 4        | <u>5</u> / 6 / 7&8        | <u>sl - R</u> / hd - R / sh bop - R                          | H: frt , A: NA            | *Options will be given for sh bp<br><b>Alt:</b> sl - R on 6 /<br>dig - R st - L on 7 8 |
| 5        | &1 / & / 2 / & 3 / &4     | sp st - R / hd - L / hd - R /<br>sp st - L / hd - R / hd - L | H: frt , A: NA            |                                                                                        |
| 6        | & 5 & 6 & 7 8             | sh st rt - R                                                 | H: spt , A: NA            |                                                                                        |

|       |                                                             |                                                                                                                   |                                      |                                                                           |
|-------|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|--------------------------------------|---------------------------------------------------------------------------|
| 7     | &1/ & / a / 2 /<br>&3 / & / a / 4                           | sp st - R / st - L / hd - L /<br>hd - R / sp st - L / st - R /<br>hd - R / hd - L                                 | H: frt , A: NA                       | IM : swinging side to<br>side like a pendulum                             |
| 8     | &5 / &6 / &7 / &8                                           | st st - RL / st st - RL /<br>dbl ch - RL / dbl ch - RL                                                            | H: frt , A: NA                       |                                                                           |
| 9-10  | & 1 &2 <u>3</u> / &4 &5 <u>6</u> /<br>&7 / &8               | trvl step - R / trvl step - R /<br>bc x frt - RL / bc x bk - RL                                                   | H: frt , A: NA                       | Sequence travels SR<br>Accent on the scuff                                |
| 11-12 | &1 &2 / &3 / &4 &5 /<br>6& / 7& / 8                         | rt - R / bc x bk - RL / rt - R /<br>htd - R / htd - L / sto - R                                                   | H: spt (&1-5), frt<br>(6-8)<br>A: NA | *Option will be given<br>to not turn the rt's and<br>do them facing front |
| 13-14 | <u>1</u> / &a / 2 / &3 / <u>4</u> /<br>&a / 5 / &6 / 7& / 8 | <u>td - L</u> / sh - R / hd - L / tt x2 - R /<br><u>td - L</u> / sh - R / hd - L / tt x2 - R /<br>sh - R / tt - R | H: frt , A: NA                       |                                                                           |
| 15-16 | 1& / 2 / &3 / 4& / 5 /<br>&6 / 7 / &8                       | tt x2 - R / hd - L / fl - R /<br>tt x2 - R / hd - L / fl - R /<br>tt - R / fl - R                                 | H: frt , A: NA                       |                                                                           |

### Abbreviation/Description Key:

**A** = arms

**AST** = at the same time

**bc** = ball change = step step

**bc x bk** = ball change crossing back = (st -R side, st - L behind R)

**bc x frt** = ball change crossing front = (st -R side, st - L in front of R)

**bk** = back

**CS** = centerstage

**dbl ch** = double chug = feet chug (lift heels, slide forward, and drop heels into floor) separated (ch - R ch - L )

**drg** = drag = top of toe drags on the floor as ankle drags out

**DS** = downstage

**fl** = flap = brush step

**frt** = front

**H** = head

**hd** = heel drop = hit your heel against the floor

**hl drg** = heel drag = heel drags on floor to make a half circle while standing leg is in plié

**htd** = heel toe drop = dig heel into floor and drop the toe

**IM** = imagery

**L** = left

**NA** = natural arms = dancer's choice/style, natural use/opposition of the arms and upper body

**pd** = paradiddle = dig spank step heel

**R** = right

**REM** = reminder

**rt** = rhythm turn = hd, hd, td, td turning over L shoulder (hd - R, hd - L, td - R, td - L)

**scf** = scuff = scuff your foot forward and hit the back edge of the heel tap as the foot swings

**sh** = shuffle = brush spank

**sh bop** = shiggy bop = with your weight on one foot, scuff that foot forward, dig heel into floor, and step on back foot  
(scf - R, heel dig - R, st - L)

**sh st** = shuffle step = brush spank step

**sh st rt** = rhythm turn with shuffle step = sh, st, hd, hd, td, td turning over L shoulder (sh - R, st - R, hd - R, hd - L, td - R, td - L)

**sl** = slap = ball of foot 'slaps' onto floor and takes weight (basically a step with a little flare and pop of the ankle)

**sp st** = spank step = swing the foot back hitting only the ball tap and step on it

**spt** = spotting (head)

**SR** = stage right

**st** = step = lift the foot and place the ball of the foot on the floor with weight on it

**st st** = step step = stepping R / L (& / 1) with almost straight legs

**sta** = stamp = put your foot down flat against the floor with your weight on it

**sto** = stomp = lift the foot and place it flat against the floor with no weight on it

**td** = toe drop = lift the toe keeping the heel on the floor and drop the toe to the floor

**trvl step** = hd - L / sta - R / sp st - L / scf - R (& / 1 / &2 / 3) traveling SR

**tt** = toe tip = lift the foot all the way off the floor and hit the very front edge of the toe on the floor

**x** = crossing