

Running Deep

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Maureen Jones (UK) & Michelle Jones (UK)

Musik: I Just Want Love - Mindy McCready



SHUFFLE, MAMBO, BACK SHUFFLE, COASTER

- 1&2 Shuffle forward stepping right, left, right,
3&4 Rock forward on left, recover back onto right, step left back
5&6 Shuffle back stepping right, left, right
7&8 Step left back, step right beside left, step left forward

SIDE-TOGETHER-FORWARD, SIDE SHUFFLE, BACK, DRAG, SIDE-TOGETHER-FORWARD

- 9&10 Step right to right, step left beside right, step right forward
11&12 Shuffle left stepping left, right, left
13-14 Step right large step back, drag left to touch beside right
15&16 Step left to left, step right beside left, step left forward

¼ TURN, SIDE SHUFFLE, CROSS ROCK, SAILOR ¼ TURN, ¼ TURN, SIDE SHUFFLE

- 17&18 Make ¼ turn left and then shuffle to right side stepping right, left, right
19-20 Rock left across right, recover onto right
21&24 Step left behind right, make ¼ turn left and step right to right, step left forward
25&26 Make ¼ turn left and then shuffle to right side stepping right, left, right

CROSS, POINT, KICK-BALL-POINT, CROSS, UNWIND ½ TURN, BACK ROCK

- 25-26 Step left across right, point right to right
27&28 Kick right forward, step right forward, point left to left
29-30 Touch left across right, unwind ½ turn right (weight on left)
31-32 Rock back on right, recover forward onto left

REPEAT
