

Far From The Shallow

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Christine Stewart (NZ) - February 2019

Music: Shallow - Lady Gaga & Bradley Cooper : (Album: A Star Is Born Soundtrack)



Intro: 24 counts. Dance starts slightly before the lyrics kick in.

Begin facing 12:00 with weight on Right and Left touched beside Right

[1-8] STEP/ROCK FORWARD, RECOVER BACK, ½ TURN LEFT, ½ TURN LEFT BACK-LOCK-BACK, ¼ TURN LEFT SIDE-ROCK, RECOVER, CROSS

- 1-3 Step/rock Left forward, recover back onto Right, turn ½ left and step Left forward (6:00)
- 4&5 Turn ½ left and step Right back, cross Left over in front of Right, step Right back (12:00)
- 6-8 Turn ¼ left and step/rock Left sideways left, recover sideways onto Right, cross Left over in front of Right (9:00)

[9 - 16] SIDE-ROCK, RECOVER, CROSS, SIDE, ROCK BACK, RECOVER FORWARD, STEP FORWARD, ¼ TURN LEFT, CROSS

- 1-4 Step/rock Right sideways right, recover sideways onto Left, cross Right over in front of Left, step Left sideways left *

***Restart 1 with step change occurs here after completion of counts 1-4 during wall 2 facing 3:00.**

***Insert the following steps then restart the dance from the beginning facing 6:00**

***5-6 Step Right back, step Left back**

***7-8 turn ¼ right and step Right sideways right, drag Left towards Right**

- 5-6 Rock back onto Right, recover forward onto Left
- 7-8 Turn ¼ left and step Right to right side (small step only), cross Left over in front of Right (6:00)

[17 – 24] FIGURE 8 VINE

- 1-3 Step Right to right side, step/cross Left behind Right, turn ¼ right and step Right forward (9:00)
- 4-6 Step Left forward, turn ½ right on balls of both feet transferring weight onto Right, turn ¼ right and step Left sideways left (6:00)
- 7-8 Step/cross Right behind Left, turn ¼ left and step Left forward (3:00)

[25 – 32] RIGHT COASTER FORWARD, BACK-LOCK-BACK, 1 ¼ TURN RIGHT, SIDE

- 1&2 Step Right forward, step onto Left beside Right, step Right back
- 3&4 Step Left back, cross Right over in front of Left, step Left back
- 5-6 Turn ½ right and step Right forward, turn ½ right and step Left back (3:00)
- 7-8 Turn ¼ right and step/rock Right sideways right **, recover sideways onto Left (6:00)

****Restart 2 occurs here after count 7.**

****Replace count 8 of this section with a drag of Left towards Right then restart dance facing 12:00**

[33 – 40] 1/8 TURN LEFT, STEP, DRAG, ROCK FORWARD, RECOVER BACK, ½ SHUFFLE TURN RIGHT

- 1-2 Turn 1/8 left and step Right forward (1) dragging Left towards Right (2) (4.30)
- 3-4 Step Left forward (3) dragging Right towards Left (4)
- 5-6 Step/rock Right forward, recover back onto Left
- 7&8 Turn ½ right and step Right forward, step onto Left beside Right, step Right forward (10:30)

[41 – 48] ROCK FORWARD, RECOVER BACK, BACK-LOCK-BACK, ½ SHUFFLE TURN RIGHT, 1/8 TURN RIGHT, SIDE

- 1-2 Step/rock Left forward, recover back onto Right
- 3&4 Step Left back, cross Right over in front of Left, step Left back

- 5&6 Turn ½ right and step Right forward, step onto Left beside Right, step Right forward (4:30)
7-8 Turn 1/8 right and step/rock Right sideways right, recover sideways onto Left (6:00)

[49 – 56] CROSS ROCK, RECOVER, ½ TURN LEFT, BACK, BACK, CROSS, BACK, FULL TURN RIGHT TURNING BACK,

- 1-3 Cross/rock Left over in front of Right, recover back onto Right, turn ½ left and step Left forward (12:00)
4&5 Step Right back, step Left back, cross Right over in front of Left
6-8 Step Left back, turn ½ right and step Right forward (6:00), turn ½ right and step onto Left beside Right (12:00)

[57 – 64] SIDE SHUFFLE RIGHT, CROSS ROCK, RECOVER BACK, ½ TURN LEFT, STEP FORWARD AND MAKE A FULL TURN LEFT, WALK, WALK

- 1&2 Step Right to right side, step onto Left beside Right, step Right to right side
3-4 Step/rock Left forward and slightly over in front of Right, recover back onto Right
5-6 Turn ½ left and step Left forward, step Right forward and make a full turn Left with weight on Right (6:00)
7-8 Walk forward Left then Right (6:00)

ENDING: at end of wall 6 add a ½ pivot right to finish dance facing 12:00 then step Left forward and drag Right up to Left

E-mail: christine@silverliningdance.co.nz - website www.silverliningdance.co.nz
