Deeply Dig

Compte: 48 **Mur:** 4 **Niveau:** Intermediate
Chorégraphe: Shaz Walton (UK)
Musique: Groove Is In The Heart - Dee-Lite

ROCK BACK, RECOVER, STEP SIDE, TOUCH, ROLL, BUMP, SIT, BACK ROCK, RECOVER

1-2	Rock back on right, recover on left
3-4	Step right to right side, touch left beside right
5&6	Roll hips anti to the right, push hips forward, push hips back in a sitting position
7-8	Rock back on left recover on right

STEP, PIVOT ½ TURN RIGHT, ½ TURN, POINT, & SIDE ROCK, RECOVER, & SIDE ROCK RECOVER

1-2	Step forward left, pivot ½ turn right
3-4	Make ½ turn right stepping left beside right, point right to right side
&5-6	Step right beside left, rock left to left side, recover on right
&7-8	Step left beside right, rock right to right side, recover on left

To achieve "the look" of this step: when rocking out to left or right, make it a big rock & slightly bend the other leg

SLOW COASTER STEP, POINT, & SIDE TOUCH, STEP DOWN, & SIDE TOUCH, STEP DOWN

1-2	Step back on right, step back on left
3-4	Step forward right, point left to left side (bend right knee keep left leg straight)(lean to right)
&5-6	Step left beside right, touch right to right side (lean over to the left) place weight on right foot (lean over to the right)
&7-8	Step left beside right, touch right to right side (lean over to the left) place weight on right foot (lean over to the right)

STEP BACK LEFT, STEP BACK RIGHT, LEFT SHUFFLE FORWARD, ROCK, RECOVER, ½ TURN RIGHT, ¼ TURN RIGHT

1-2	Step back on left foot, step back on right foot
3&4	Step left foot forward, step right beside left, step left foot forward
5-6	Rock forward right, recover on left
7-8	Make ½ turn right stepping forward right, make ½ turn right stepping left to left side (weight on left)

RIGHT SAILOR STEP, LEFT SAILOR STEP, MASH POTATO OR CHARLESTON STEP

1&2	Cross step right behind left, step left to left side, step right to right side
3&4	Cross step left behind right, step right to right side, step left to left side
5&	Touch right toe forward with both heels pointing in, raise right foot with both heels facing out
6&	Step right foot back with both heels facing in, raise left foot with both heels facing out
7&8	Touch left toe back with both heels facing in, raise left foot, both heels facing out, step left foot forward

If you prefer not to do the Mash Potato Steps, replace them with Charleston Steps or points

STEP, HOLD, STEP, ROCK RECOVER, BIG STEP BACK, SLIDE, BUMP & BUMP

1-2	Step forward right, hold
&3-4	Step left beside right, rock forward right, recover on left
5-6	Take a large step back with right (diagonal), slide left beside right, (no weight)
7&8	Step left to left side bumping hip to left, bump hip to right, bump hip to left taking weight on left foot

REPEAT