

# Far From The Shallow

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Christine Stewart (NZ) - February 2019  
音乐: 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**

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