

Dig Deep

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Tina Argyle (UK), Hayley Wheatley (UK) & Robert Lindsay (UK) - March 2019
音乐: Dig Deep - Paul Carrack : (Album: The Hollywood Sessions)



S1: SIDE STEP, CROSS ROCK, RECOVER, SAILOR STEP ¼ TURN, SKATE, SKATE, TRIPLE STEP FORWARD

1-2-3 Step RF to R side, Cross rock LF over RF, Recover onto RF
4&5 Sweep LF around while making ¼ turn L and stepping back onto LF, Step RF to R side, Step LF to L side (9:00)
6-7 Skate RF fwd, Skate LF fwd
8&1 Step fwd on RF, Close LF beside RF, Step fwd on RF

S2: ROCK FORWARD, RECOVER, BACK LOCK STEP, TOUCH RIGHT TOE BACK, ½ TURN RIGHT, STEP FORWARD, PIVOT ¼ TURN, CROSS

2-3 Rock fwd onto LF, Recover onto RF
4&5 Step back on LF, Lock RF over LF, Step back onto LF
6-7 Touch R toe back, Make 1/2 turn R stepping onto RF (3:00)
8&1 Step fwd onto LF, Pivot ¼ turn R, Cross LF over RF (6:00)

S3: PRESS TO CORNER, RECOVER, BEHIND SIDE CROSS, SWAY, SWAY, BEHIND TURN STEP

2-3 Press RF fwd (to 7:30), Recover onto LF
(If you don't want to press then just rock RF to R corner)
4&5 Step RF behind LF, Step LF to L side, Cross RF over LF
6-7 Sway hips L while stepping LF to L side, Sway hips R (while taking weight onto RF)
8&1 Step LF behind RF, Make ¼ turn R stepping onto RF, Step fwd onto LF (9:00)

S4: STEP FORWARD, HALF TURN TAP, TRIPLE STEP 1/2TURN, ROCK BACK, RECOVER, STEP PIVOT ½ TURN

2-3 Step fwd onto RF, Make ½ turn L while tapping L toe fwd (with L knee slightly bent) (3:00)
4&5 Triple Step ½ turn R stepping L,R,L (9:00)
6-7 Rock back onto RF, Recover onto LF
8& Step fwd onto RF, Pivot ½ turn L (3:00)

Last Update 8 May 2019