

# Shallow

拍数: 64      墙数: 1      级数: Intermediate  
编舞者: Panella Nicoletta (IT) - November 2020  
音乐: Shallow - Lady Gaga & Bradley Cooper : (A star is born soundtrack)



## Sequence 64 - 16 - 64 - 64 - 32- 64

### Start on lyric (Rumba line dance)

#### Seq.1 (1-8) ROCK, RECOVER, FULL TURN, BACK, HOLD.

- 1-2            Step right forward, recover weight on left
- 3-4            ½ turn right step right forward (h.6:00 Keep the weight on right) hold
- 5-6            1/2 turn right step left back (h.12:00), ½ turn right step right forward (h.6:00)
- 7-8            ½ turn step left back (h.12:00) hold

#### Seq.2 (9-16) BEHIND, SIDE, CROSS, SWEEP, CROSS, SIDE, BEHIND, SWEEP

- 1-2-3-4        Step right behind left, step left to left side, cross right over left, sweep left from back to forward
- 5-6-7-8        cross left over right, step right to right side, step left behind right, sweep right to right side

#### Seq.3 (17-24) BACK, RECOVER, SIDE, HOLD, CROSS, RECOVER, SIDE, SLIDE TOUCH

- 1-2-3        Step right back diagonally, recover weight on left, step right to right side slightly diagonally
- 4            hold
- 5-6-7        cross left on right slightly diagonally, recover weight on right, step left to left side
- 8            Hold

#### Seq.4 (25-32) ROLLING WINE, BASIC MOVIMENT IN PLACE.

- 1-2-3-4        ¼ turn right step right forward (h.3:00), ½ turn right step back left (h.9:00), 1/4 turn right step right to right side (h.12:00), step left near to right
- 5-6-7-8        step left to left with bump, recover weight to right with bump, recover left to left whit bump, hold.

#### Seq.5 (33-47) DIAGONALLY DIRECTION SLOW MAMBO FORWARD, HOLD, AND SLOW MAMBO BACK, HOLD

- 1-2-3        Diagonally direction h.1:30 step back right, recover left, step right forward
- 4            hold
- 5-6-7        Diagonally direction h.1:30 step left forward, recover weight on right back, step back left
- 8            hold

#### Seq.6 (41-48) DIAGONALLY DIRECTION SLOW MAMBO FORWARD, HOLD, AND SLOW MAMBO BACK, HOLD

- 1-2-3        Diagonally direction h.1:30 step back right, change direction h.10:30 recover left, step right forward
- 4            hold
- 5-6-7        Diagonally direction h.10:30 step left forward, recover weight on right back, step back left h.12:00)
- 8            hold

#### Seq.7 (48-56) SLOW MAMBO SIDE, HOLD, AND SLOW MAMBO SIDE, HOLD

- 1-2-3        (h.12:00) Step right to right side, recover weight on left, step right near to left (close near to left)
- 4            Hold

5-6-7 (h.12.00) Step left to left side, recover weight on right, step left near to right (close near to right)

8 Hold

**Seq.8 (57-64) WALKING BACK, HOLD, SLOW BUMP ON PLACE**

1-2-3 Step right back, step left back, step right back

4 Hold

5-6-7 Bump in place left, right, left

8 Hold

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