

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
