

Shallow

拍数: 32 墙数: 4 级数: Beginner
编舞者: GoWildWest Isabel (CH) - 2019
音乐: Shallow (BACHATA Remix) - Lady Gaga & Bradley Cooper



Part 1: Rock Recover, Shuffle Back, Back Rock, Shuffle for

1, 2 RF rock for, weight on LF
3+4 RF back, LF close, RF back
5, 6 RF rock back, weight on LF
7+8 LF for, RF close, LF for

Part 2: Side Rock, Shuffle Turn, Pivot Turn, Tripple Turn

1, 2 RF rock right, weight on LF
3+4 RF cross befor, LF step with 1/4 turn left, RF step for
5, 6 LF step for, turn 1/2 right
7+8 turn 1/2 right: LF, RF, LF

Part 3: Side Rock, Cross, Hold, Cross, Side, Rock Back

1, 2 RF rock right, weight on LF
3, 4 RF cross before, hold
+5, 6 LF step left, RF cross before, LF step left
7, 8 RF rock back, weight on LF

S4: Slide, Rock Back, Slide, Rock Back

1, 2 RF long step right, LF drag
3, 4 LF rock back, weight on RF
5, 6 LF long step left, RF drag
7, 8 RF rock back, weight on LF

Tag: Wall 3 2x Bachata

1, 2 RF right, LF close
3, 4 RF right, LF touch with left hip up
5, 6 LF right, RF close
7, 8 LF right, RF touch with right hip up
1-8 Repeat

Last Update: 3 Apr 2025