

# Dig Down Deeper

**COPPER KNOB**  
STEPPSHEETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Elisabet Herngren (SWE) & Maudie Na Nakhorn - January 2013  
音乐: Dig Down Deeper - Porchlight Smoker



## Section 1: Touch toe, touch heel, crossrock, side x2

- 1, 2      Touch L toe next to R (left knee bent towards right), touch L heel diagonally forward
- 3 & 4      Cross rock L over R, recover, step L to side
- 5, 6      Touch R toe next to L (right knee bent towards left), touch R heel diagonally forward
- 7 & 8      Cross rock R over L, recover, step R to side

## Section 2: Heel grind, coaster, ½ L shuffle, coaster

- 1, 2      Grind L heel forward, recover weight on R
- 3 & 4      L back, R together, L forward
- 5 & 6      ½ turn left Shuffle forward R, L, R
- 7 & 8      coaster L, R, L

## Section 3: Heel grind, coaster, ¼ R x2

- 1, 2      Grind R heel forward, recover
- 3 & 4      Coaster R, L, R
- 5, 6      L forward, ¼ turn right weight on R
- 7, 8      L forward, ¼ turn right weight on R

## Section 4: Weave, heel jack, ¼ hinge turn R x2, cross

- 1, 2, 3      L cross over, R to side, L behind
- & 4 & 5      R slightly back, touch L heel diagonally forward, L beside R, R cross over
- 6, 7, 8      ¼ turn right back on L, ¼ turn right side on R, cross L over

## Section 5: Syncopated rockstep x2, ¼ R vine, point

- 1, 2 &      Rock R to side, recover, step together
- 3, 4 &      Rock L to side, recover, step together
- 5, 6, 7, 8      R to side, L behind, ¼ turn right forward on R, point L to side

## Section 6: Touch heel, touch toe, step back x2

- 1, 2      Touch L heel forward, touch L heel to side
- 3, 4      Touch L toe beside, step L back
- 5, 6      Touch R heel forward, touch R heel to side
- 7, 8      Touch R toe beside, step R back

## Section 7: ½ L shuffle x2, coaster, shuffle

- 1 & 2      ½ turn left shuffle L, R, L
- 3 & 4      ½ turn left shuffle R, L, R
- 5 & 6      Coaster L, R, L
- 7 & 8      Shuffle forward R, L, R

## Section 8: ½ R shuffle x2, rocking chair

- 1 & 2      ½ turn right shuffle L, R, L
- 3 & 4      ½ turn right shuffle R, L, R
- 5, 6, 7, 8      Rock forward on L, recover, rock back on L, recover

## 8 count tag after wall 6

### Heel grind, coaster x2

- 1, 2      Grind L heel forward, recover

- 3 & 4 Coaster L, R, L
- 5, 6 Grind R heel forward, recover
- 7 & 8 Coaster R, L, R

## **ARM MOVEMENTS TO RESEMBLE WORKING/DIGGING/SHOVELING WITH A SPADE** choreographed by Maudie na Nakhorn

### **Section 1: 1 – 8 Should resemble digging movements**

- 1, 2 Swing arms back/up to the right and lean forward
- 3 & 4 Straighten and bring arms back
- 5, 6 Swing arms back/up to the left and lean forward
- 7 & 8 Straighten and bring arms back

### **Section 2: 1 – 2 Digging movement, 3 – 8 Should resemble resting spade on shoulder**

- 1 Swing arms back to the right and lean forward
- 2 Straighten and bring arms up/back to left shoulder, hands together
- 3-8 Rest hands together on shoulder

### **Section 3: 1 – 2 Digging movement, 3&4 Resting spade on shoulder, 5-8 Shoveling movements**

- 1 Swing arms back to the left and lean forward
- 2 Straighten and bring arms up/back to right shoulder, hands together
- 3 & 4 Hands on shoulder
- 5, 6 Swing arms to right back/up, recover
- 7, 8 Repeat 5, 6

### **Section 4: 1 -3 Resembles the Mexican wave whilst holding spade over head, &4-8 Shoveling and dumping soil**

- 1- 3 Raise arms over head and flex to right side, Flex to left, Flex to right
- & 4 Swing arms back/up to right
- & 5 Recover swinging arms to left at waist level as if dumping soil
- 6 Bend slightly forward swinging arms back to right side on turn
- 7 Straighten swinging arms back at waist level on turn
- 8 Bring arms back and up to left shoulder both hands together

### **Section 5: 1 -4 Resembles resting a spade on shoulder**

- 1, 2 & Both hands together and up to left shoulder leaning slightly to right
- 3, 4 & Both hands together and up to right shoulder leaning slightly to left
- 5-8 Keep hands on right shoulder as if resting spade

### **Section 6: 1-8 Raise both arms up as if holding spade over head. Keep arms up throughout**

### **Section 7: 1-8 Arms by waist as if holding spade parallel to waist**

### **Section 8: Arms by waist as in section 7, arms on shoulder**

- 1-4 Arms by waist
- 5, 6 Arms on right shoulder as if resting spade on shoulder
- 7, 8 Arms on left shoulder

### **Tag: Shoveling movements**

- 1 Swing arms back to right leaning slightly forward
- 2 Recover swinging arms to left as if dumping soil
- 5 Swing arms back to left leaning slightly forward
- 6 Recover swinging arms to right as if dumping soil

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