

# Dig Deep

拍数: 48      墙数: 4      级数: Improver  
编舞者: Don Pascual (FR) - November 2013  
音乐: Try Hard, Dig Deep, Break Through - The Lennerockers



Start on vocals after 8 counts

Start to dance the introduction after 8 counts (on vocals), and the main part of the dance begins on the word "Roll".

## Introduction:

**[1-8]: Syncopated jump out forward, clap, clap, syncopated jump in backward, R & L arms flicks**

- 1-2            Syncopated jump out forward (R, L)
- 3-4            clap, clap
- 5-6            Syncopated jump in backward (R, L)
- 7              Flick your R arm over your R shoulder, thumbing a lift
- 8              Flick your L arm over your L shoulder, thumbing a lift

**[9-16]: R & L stomps, slap x2, slap x2, R stomp up x2,**

- 1-2            Stomp R beside L; stomp L beside R
- 3-4            Slap your thighs backward and forward with your L&R palms
- 5-6            Slap L & R palms upward & downward
- 7-8            Stomp up R beside L X2 (keep weight on L)

## The dance:

**Section 1: Vine to the R, touch, heel, hook, heel, hook**

- 1-4            Step R to R side, cross L behind R, step R to R side, touch L beside R
- 5-8            L heel forward, hook L across R shin, L heel forward, hook L across R shin

**Section 2: Vine to the L, touch, heel, hook, heel, hook**

- 1-4            Step L to L side, cross R behind L, step L to L side, touch R beside L
- 5-8            R heel forward, hook R across L shin, R heel forward, hook R across L shin

**Section 3: Step R fwd, point, touch, point, step L fwd, point, step R fwd, point**

- 1-4            Step R forward, point L toe to L side, touch L toe beside R, point L toe to L side
- 5-8            Cross slightly L over R, point R toe to R side, cross slightly R over L, point L toe to L side

**Section 4: L rock step fwd, L ¼ T & step L to L side, cross, large L step to L side, drag R**

- 1-2            L rock forward, recover weight on R
- 3-4            L ¼ T & step L to L side, cross R over L
- 5              Very large L step to l side
- 6-8            Drag R (progressively) beside L, keeping weight on L

**Section 5: Syncopated jump out forward, clap, clap, syncopated jump in backward, R & L arms flicks**

- 1-2            Syncopated jump out forward (R, L)
- 3-4            clap, clap
- 5-6            Syncopated jump in backward (R, L)
- 7              Flick your R arm over your R shoulder, thumbing a lift
- 8              Flick your L arm over your L shoulder, thumbing a lift

**Section 6: (Little Jump in place making a L ¼ T) x2 , slap x2, slap x2, R stomp up x2,**

- 1-2            Jump on both feet making a L ¼ T, repeat
- 3-4            Slap your thighs backward and forward with your L&R palms

5-6 Slap L & R palms upward & downward  
7-8 Stomp up R beside L X2 (keep weight on L)

**Style:** you can keep your thumbs over your shoulders on counts 1-2

**Final:** Sections 5 &6, section 5, L ¼ T section 5, L ¼ T section 5&6, cross R over L, L ¾ T unwind, clap x2, raise your arms

**End of wall 9, facing 3h00:**

- Dance sections 5 & 6,
- Dance section 5 (facing 9h00),
- Dance section 5 making a L ¼ T on count 1, (facing 6h00)
- Dance sections 5 & 6 making a L ¼ T on count 1 of section 5 (facing 3h00 on count 1, ending facing 9h00.)
- Cross R over L, L ¾ T unwind on 3 counts ( you are facing 12h00), clap x2 and raise your arms

**Have fun with this dance !!!**

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