

Shallow

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Lars Kuif (NL) - December 2018
音樂: Shallow - Lady Gaga & Bradley Cooper



Info: Starts after 12 'slow' counts (just before vocals, app. 15 sec. in song)

This dance has 2 walls, but because of 2 Restarts you'll dance 4 walls.

[1 – 8] Basic NC R, Side, Behind-Side-Cross, Sweep, Cross, ¼ L, ½ L, ½ Pivot Turn L

1,2& Step R to side (1), rock L back (2), recover to R (&) [12.00]
3,4& Step L to side (3), step R behind L (4), step L to side (&) [12.00]
5,6& Step R across L with L sweep fwd. (5), step L across R (6), ¼ L stepping R back (&) [09.00]
7,8& ½ L stepping L fwd.(7), step R fwd. (8), ½ L and weight to LF (&) [09.00]

Restart* in wall 2 facing 03.00

[9 – 16] Full Turn R, Step Fwd., Rock Fwd., Steps Back With Sweeps, Behind, Side, Cross Rock

1,2& Step R fwd. (1), ½ R stepping L back (2), ½ R stepping R fwd. (&) [09.00]
3,4& Step L fwd. (3), rock R fwd. (4), recover to L (&) [09.00]
5,6 Step R back with L sweep back (5), step L back with R sweep back (6) [09.00]
7&8& Step R behind L (7), step L to side (&), rock R across L (8), recover to L (&) [09.00]

Restart** in wall 5 facing 12.00

[17 – 24] ¼ R, Step R Fwd., ½ Pivot Turn R, ½ Pivot Turn L, Walk L-R-L Fwd., Kick R Fwd., Step R-L Back,

1,2& ¼ R stepping R fwd. (1), step L fwd. (2), ½ R and weight to LF (&) [06.00]
3,4& Step L fwd. (3), step R fwd. (4), ½ L and weight to RF (&) [12.00]
5,6& Step R fwd. (5), Walk L-R fwd. (6&) [12.00]
7,8& Walk L fwd. with R kick fwd. (7), step R-L back (8&) [12.00]

[25– 32] ¼ R Stepping R To Side And Sway, Basic NC L, Figure Of Eight

1,2& ¼ R stepping R to side and sway (1), sway L-R (2&) [03.00]
3,4& Step L to side (3), rock R back (4), recover to L (&) [03.00]
5&6& ¼ R stepping R fwd. (5), step L fwd. (&), ¾ R and weight to RF (6), step L to side (&) [03.00]
7&8& Step R behind L (7), ¼ L stepping L fwd. (&), step R fwd. (8), ½ L and weight to LF (&) [06.00]

Restart*:

Dance wall 2 up to count 8& and restart (facing 03.00).

Restart**:

Dance wall 5 up to count 16& (count 8& of section 2)and restart (facing 12.00)

Finish:

At the end of wall 6: step R fwd. and ½ turn L to face 12.00

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