

Shallow

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Kairit Linnaste (USA) - January 2019
音樂: Shallow - Lady Gaga & Bradley Cooper : (3:36)



First Tag after wall 2, Second Tag after wall 6

SIDE, BACK ROCK, RECOVER, CHASSE, ROCK STEP, 1/2 SHUFFLE TURN

1-2-3 LF step to L, RF rock behind LF, recover to LF
4&5 RF step to R, LF together, RF step to R
6-7 LF rock forward, RF rock back onto RF
8&1 LF step with 1/2 turn to L, RF together, LF step forward

3/4 TRAVELLING BACKWARD, ROCKING CHAIR

2-3-4 RF step back with 1/4 turn to L, LF step back with 1/2 turn to L, RF step forward
5-6-7-8 LF rock forward, RF step in place, LF rock back, RF step in place

STEP, 1/4 SIDEROCK, CROSS, SIDE, ROCK STEP*, STEP, ROCK STEP*, 1/4 STEP

1&2 LF step forward, RF rock with 1/4 turn L, LF step in place
3-4 RF cross over LF, LF step to L side
5-6-7 RF rock back, LF step in place, RF step to R
8-1-2 LF rock back, RF step in place, LF step back turning 1/4 R

***while doing rock step rotate your upper body and do the rock step slightly diagonally**

1/4 SAILOR STEP, 2x 1/4 SAMBA BASIC

3&4 RF cross behind L with 1/4 turn to R, LF step to L, RF step forward
5&6 LF longer step forward, RF step with 1/4 turn to L, LF together
7&8 RF step back with 1/4 turn L, LF to R side, RF together

START AGAIN

First Tag after wall 2, second tag after wall, special ending in the end :)

*TAG 1

2x WALK, SHUFFLE, ROCK STEP WITH 1/2 TURN, FULL TRIPLE TURN, PIVOT

1-2 LF step forward, RF step forward
3&4 LF small step forward, RF together with the limping like motion, LF small step forward
5-6 RF rock forward, LF recover but turning 1/2 to R
7&8 RF step forward with 1/2 turn R, LF step with 1/2 turn R, RF step forward
1-2 LF step forward pivoting 1/2 to R, RF step in place

SWAY, 2x SAILOR STEP

3-4 LF step to side, sway hips to L and R bringing weight onto RF
5&6 LF cross behind RF, RF step to R side, LF step to L side
7&8 RF cross behind LF, LF step to L side, RF step to R side

*TAG 2

For the first 10 counts steps are the same

2x WALK, SHUFFLE, 1/2 ROCK STEP TURN, FULL TRIPLE TURN, PIVOT

1-2 LF step forward, RF step forward
3&4 LF small step forward, RF together with the limping like motion, LF small step forward
5-6 RF rock forward, LF recover but turning 1/2 to R
7&8 RF step forward with 1/2 turn R, LF step with 1/2 turn R, RF step forward

1-2 LF step forward pivoting 1/2 to R, RF step in place

SHUFFLE, SPIRAL TURN TO LEFT, SHUFFLE

3&4 LF step forward, RF together, LF step forward

5-6 RF step forward, full turn to L staying on RF, crossing LF over RF

7&8 LF step forward, RF step together, LF step forward

1/8 DIAMOND, 1/8 COASTER STEP, 1/8 DIAMOND, 1/8 COASTER STEP

1&2 cross RF over LF slightly starting the turn to R, LF step back continuing the turn, RF step back ending the 1/8 turn (1:30)

3&4 LF step back, RF together, LF step forward - steps with small turn to face 3:00

5&6 cross RF over LF slightly starting the turn to R, LF step back continuing the turn, RF step back ending the 1/8 turn (4:30)

7&8 LF step back, RF together, LF step forward - steps with small turn to face 6:00

ROCK STEP, STEP 1/2 TURN, PADDLE TURNS*

1-2 RF rock forward, LF step in place

3&4&5&6&7&8& RF step back with 1/2 turn to R, while staying on the RF paddle with LF 1/2 turns as much as music or head allows - end the turns to the front wall

***while doing the paddles hold your palms upwards and raise your hands from the side from down diagonal to up diagonal**

Continue dancing the main part
