

# 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**

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