

Swimming In the Deep End

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - 2018
音樂: No One - Jess Glynne



Start 16 counts after piano intro – approx. 16secs – 3mins 40secs – 120bpm
Music Available: Amazon

[1-8] R kick and side points, R sailor, L touch behind, $\frac{3}{4}$ L unwind, R ball step fwd

1&2&3 Kick R forward, step R together, point L side, step L together, point R side
4&5 Cross step R behind L, step L side, step R side
6-7&8 Touch L behind, unwind $\frac{3}{4}$ left with weight ending on L, step R forward, step L forward (3 o'clock)

[9-17] R fwd, $\frac{1}{4}$ L pivot turn, R cross shuffle, L side, R sailor, $\frac{1}{4}$ L sailor

1-2 Step R forward, pivot $\frac{1}{4}$ left (12 o'clock)
3&4 Cross step R over L, step L side, cross step R over L
5 Step L side
6&7 Cross step R behind L, step L side, step R side
8&1 Cross step L behind R, step R side, turning $\frac{1}{4}$ left step L forward (9 o'clock)

[18-25] R fwd, $\frac{1}{2}$ L pivot turn, R fwd shuffle, R full turn fwd, L fwd, $\frac{1}{4}$ R pivot turn

2-3 Step R forward, pivot $\frac{1}{2}$ left (3 o'clock)
4&5 Step R forward, step L together, step R forward
6-7 Turning $\frac{1}{2}$ right step L back, turning $\frac{1}{2}$ right step R forward (3 o'clock)

Non-turning option: walk forward L, R

8-1 Step L forward, pivot $\frac{1}{4}$ right (6 o'clock)

[26-32] L cross step, R kick ball cross, R side, L touch together, L ball cross, L side

2-3&4 Cross step L over R, kick R forward, step R back, cross step L over R
5-6 Step R side, touch L together
&7-8 Step L slightly back, cross step R over L, step L side

[33-40] R rock back/recover, $\frac{1}{2}$ L, R shuffle back, L together, R & L heel switches, L together, R touch

1-2 Rock R back, recover weight on L
3&4 Turning $\frac{1}{2}$ left step R back, step L together, step R back (12 o'clock)
5-6&7 Step L together, touch R heel forward, step R together, touch L heel forward
&8 Step L together, touch R toe together

[41-48] R rock back/recover, $\frac{1}{2}$ L, R shuffle back, L together, R & L heel switches, L together, R forward

1-2 Rock R back, recover weight on L
Option as you rock R back, kick L forward at same time
3&4 Turning $\frac{1}{2}$ left step R back, step L together, step R back (6 o'clock)
5-6&7 Step L together, touch R heel forward, step R together, touch L heel forward
&8 Step L together, step R forward

[49-56] L fwd, $\frac{1}{4}$ R pivot turn, L cross shuffle, $\frac{1}{2}$ L hinge turn, R cross shuffle

1-2 Step L forward, pivot $\frac{1}{4}$ right (9 o'clock)
3&4 Cross step L over R, step R side, cross step L over R
5-6 Turning $\frac{1}{4}$ left step R back, turning $\frac{1}{4}$ left step L side (3 o'clock)
7&8 Cross step R over L, step L side, cross step R over L

[57-64] L side rock/recover, $\frac{1}{4}$ L toaster, R fwd, $\frac{1}{2}$ L pivot turn, walk fwd 2/L full turn fwd

1-2 Rock L side, recover weight on R
3&4 Turning $\frac{1}{4}$ left step L back, step R together, step L forward (12 o'clock)
5-6 Step R forward, pivot $\frac{1}{2}$ left (6 o'clock)
7-8 Step R forward, step L forward

Optional turn: Turning $\frac{1}{2}$ left step R back, turning $\frac{1}{2}$ left step L forward

Ending: Wall 7 – dance first 13 counts and then sway R, L, R hold to finish

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Please Note: we like to check and approve all Videos of our dances before they are linked to this site.- A&P
