

# 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, ¾ 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 ¾ left with weight ending on L, step R forward, step L forward (3 o'clock)

## [9-17] R fwd, ¼ L pivot turn, R cross shuffle, L side, R sailor, ¼ L sailor

1-2      Step R forward, pivot ¼ 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 ¼ left step L forward (9 o'clock)

## [18-25] R fwd, ½ L pivot turn, R fwd shuffle, R full turn fwd, L fwd, ¼ R pivot turn

2-3      Step R forward, pivot ½ left (3 o'clock)  
4&5      Step R forward, step L together, step R forward  
6-7      Turning ½ right step L back, turning ½ right step R forward (3 o'clock)

### Non-turning option: walk forward L, R

8-1      Step L forward, pivot ¼ 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, ½ 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 ½ 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, ½ 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 ½ 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, ¼ R pivot turn, L cross shuffle, ½ L hinge turn, R cross shuffle

1-2      Step L forward, pivot ¼ right (9 o'clock)  
3&4      Cross step L over R, step R side, cross step L over R  
5-6      Turning ¼ left step R back, turning ¼ 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, ¼ L toaster, R fwd, ½ 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**

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