

Shallow

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Sophie Stevens (UK) - January 2020
音樂: Shallow - Lady Gaga & Bradley Cooper



Music available on iTunes and www.amazon.co.uk

#24 Count Intro

S1: Rock back, Cross, Hold, Side Rock, Cross Sweep.

1, 2 Rock back on the Right, Recover Left,
3, 4 Cross Right over Left, Hold for count 4,
5, 6 Step Left to Left side, Recover onto Right,
7, 8 Cross Left over Right, Sweep Right over Left.

S2: Weave Left, Cross Rock Recover, Quick Weave Right.

1, 2 Cross Right over Left, Step Left to Left side,
3, 4 Cross Right behind Left, Step Left to Left side,
5, 6 Cross Rock Right over Left, Recover Left,

(Quick Weave Right: Side, Cross, Side, Behind, Side)

& 7 & 8 & Step Right to Right side, Cross Left over Right, Step Right to Right side, Cross Left behind Right, Step Right to Right side.

S3: Walk, Hitch, Walk, Hitch, Rock Recover, Step Sweep.

1, 2 Step forward Left, Hitch Right,
3, 4 Step forward Right, Hitch Left,
5, 6 Rock forward Left, Recover back Right,
7, 8 Step forward Left, Sweep Right over Left.

S4: Forward Tap, Back Tap, Step Sweep, Forward Tap.

(On the Left Diagonal)

1, 2 Step forward Right, Tap Left beside Right,
3, 4 Step back Left, Tap Right beside Left,
5, 6 Step forward Right, Sweep Left over Right,

(Straighten up to front)

7, 8 Step forward Left, Tap Right beside Left.

S5: Back, Sweep, Back, Sweep, Rock Back Recover, Full Turn, Step.

1, 2 Step back Right, Sweep Left from front to back,
3, 4 Step back Left, Sweep Right from front to back,
5, 6 Rock back Right, Recover forward Left,
& 7, 8 Full Turn Left stepping forward Right, Left, Step forward Right.

S6: Step, Hitch, Back, Hook, Step, Sweep ¼ Turn, Cross, Side.

1, 2 Step forward Left, Hitch Right,
3, 4 Step back Right, Hook Left over Right,
5, 6 Step forward Left, Sweep Right over Left ¼ Turn Left,
7, 8 Cross Right over Left, Step Left to Left side.

S7: Behind, Hold, Side, Cross, Hold, Quick Weave Left.

1, 2 Cross Right behind Left, Hold on count 2,
& 3, 4 Step Left to Left side, Cross Right over Left, Hold on count 4,

(Quick Weave Left: Side, Behind, Side, Cross, Side, Behind, Side)

& 5 & 6 Step Left to Left side, Cross Right behind Left, Step Left to Left side, Cross Right over Left,

& 7, 8 Step Left to Left side, Cross Right behind Left, Step Left to Left side.

S8: Sway 1,2,3, Hold 4, Cross unwind, Side.

1, 2 Sway Right, Sway Left,

3, 4 Sway Right, Hold count 4,

5, 6 Cross Left over Right, Unwind turning Right,

7, 8 Step Left to Left side.

Restart: One restart on wall 2 after count 16.

Ending: The dance ends at the front wall after the sweeps back.
