

Dig This

拍數: 64 牆數: 2 級數: Improver
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音樂: Lone Digger - Caravan Palace



Intro - 40 beats

S1. R cross shuffle, 1/4 turn R, L cross shuffle 1/4 turn R, x 2

1&2. Step R to R, turning 1/4 R step L behind R, step R next to L
3&4. Cross L over R, turning 1/4 R step R back, step L next to R
5-8. Repeat 1-4.

S2. R out, in x 2, behind step cross, rock L fwd, R back, L coaster step

1&2&. Point R out, in, out, in
3&4. Step R behind L, step L next to R, cross R over L
5&6. Step L fwd ahead of R, step R back, step L next to R
7&8. Step L back, step R next to L, step L fwd

S3. Point out R, L, rock R fwd, back, R coaster step

1-2&. Point R toe diagonally out R, hold, return
3-4&. Point L toe diagonally out L, hold, return
5-6. Rock R fwd, return
7&8. Step R back, step L next to R, step R fwd

S4. Step fwd R, L, R shuffle, rock L fwd, back R, L full chasse turn L

1-2. Step fwd R, L
3&4. Shuffle fwd R,L,R
5-6. Rock fwd on L, return on R
7&8. Full L chasse turn L,R,L

S5. L cross shuffle, 1/4 turn L, R cross shuffle 1/4 turn L x 2

1&2. Step L to L, turning 1/4 L step R behind L, step L next to R
3&4. Cross R over L, turning 1/4 L step L back, step R next to L
5-8. Repeat 1-4.

S6. L out, in x 2, behind step cross, rock R fwd, L back, R coaster step

1&2&. Point L out, in, out, in
3&4. Step L behind R, step R next to L, cross L over R
5&6. Step R fwd ahead of L, step L back, step R next to L
7&8. Step R back, step L next to R, step R fwd

S7. Point out L, R, rock L fwd, back, L coaster step

1-2&. Point L toe diagonally out L, hold, return
3-4&. Point R toe diagonally out R, hold, return
5-6. Rock L fwd, return
7&8. Step L back, step R next to L, step L fwd

S8. Step fwd L, R, L shuffle, rock R fwd, back L, R full chasse turn R

1-2. Step fwd L, R,
3&4. Shuffle fwd L,R,L
5-6. Rock fwd on R, return on L
7&8. Full R chasse turn R,L,R

Tag 1.

S1. Point R out fwd R, return, back R, return, rpt L

- 1-2. Point R toe diagonally out fwd R, return
- 3-4. Point R toe diagonally out back R, return
- 5-6. Point L toe diagonally out fwd L, return
- 7-8. Point L toe diagonally out back L, return

S2. Cross R over L, pause, L over R, pause, rock R fwd, back, step 1/2 turn R.

- 1-2&. Cross R toe over L, hold, return
- 3-4&. Cross L toe over R, hold, return
- 5-6. Rock fwd on R, back on L
- 7-8. Turning 1/2 R, step R,L

Rpt S1. & S2.

Tag 2.

S1. Point R toe out, return, fwd, return, repeat L

- 1-2. Point R toe diagonally out back R, return
- 3-4. Point R toe diagonally out fwd R, return
- 5-6. Point L toe diagonally out back L, return
- 7-8. Point L toe diagonally out fwd L, return

S2. Touch R toe behind L, L behind R, rock R fwd, back, 1/2 step turn R

- 1-2. Touch R toe behind L heel, return
- 3-4. Touch L toe behind R heel, return
- 5-6. Rock fwd on R, back on L
- 7-8. Turning 1/2 R, step R,L

Rpt S1. & S2.

Tag 3.

S1. Side steps R, L, L, R

- 1-2. Step R to R, step L next to R
- 3-4. Step L to L, step R next to L
- 5-6. Rpt 3-4
- 7-8. Rpt 1-2

S2. Fwd step, back step x 2, fwd step

- 1-2. Step R fwd, step L next to R
- 3-4. Step L back, step R fwd
- 5-6. Rpt 3-4
- 7-8. Rpt 1-2

Tag 1 To start, after first S8, first Tag 3 & second Tag 2

Tag 2 after second Tag 1 & third S8.

Tag 3 after second S8 & fourth Tag 1 (to finish)
