

Dig Down Deeper

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Elisabet Hengren (SWE) & Maudie Na Nakhorn - January 2013
音樂: Dig Down Deeper - Porchlight Smoker



Section 1: Touch toe, touch heel, crossrock, side x2

1, 2 Touch L toe next to R (left knee bent towards right), touch L heel diagonally forward
3 & 4 Cross rock L over R, recover, step L to side
5, 6 Touch R toe next to L (right knee bent towards left), touch R heel diagonally forward
7 & 8 Cross rock R over L, recover, step R to side

Section 2: Heel grind, coaster, ½ L shuffle, coaster

1, 2 Grind L heel forward, recover weight on R
3 & 4 L back, R together, L forward
5 & 6 ½ turn left Shuffle forward R, L, R
7 & 8 coaster L, R, L

Section 3: Heel grind, coaster, ¼ R x2

1, 2 Grind R heel forward, recover
3 & 4 Coaster R, L, R
5, 6 L forward, ¼ turn right weight on R
7, 8 L forward, ¼ turn right weight on R

Section 4: Weave, heel jack, ¼ hinge turn R x2, cross

1, 2, 3 L cross over, R to side, L behind
& 4 & 5 R slightly back, touch L heel diagonally forward, L beside R, R cross over
6, 7, 8 ¼ turn right back on L, ¼ turn right side on R, cross L over

Section 5: Syncopated rockstep x2, ¼ R vine, point

1, 2 & Rock R to side, recover, step together
3, 4 & Rock L to side, recover, step together
5, 6, 7, 8 R to side, L behind, ¼ turn right forward on R, point L to side

Section 6: Touch heel, touch toe, step back x2

1, 2 Touch L heel forward, touch L heel to side
3, 4 Touch L toe beside, step L back
5, 6 Touch R heel forward, touch R heel to side
7, 8 Touch R toe beside, step R back

Section 7: ½ L shuffle x2, coaster, shuffle

1 & 2 ½ turn left shuffle L, R, L
3 & 4 ½ turn left shuffle R, L, R
5 & 6 Coaster L, R, L
7 & 8 Shuffle forward R, L, R

Section 8: ½ R shuffle x2, rocking chair

1 & 2 ½ turn right shuffle L, R, L
3 & 4 ½ turn right shuffle R, L, R
5, 6, 7, 8 Rock forward on L, recover, rock back on L, recover

8 count tag after wall 6

Heel grind, coaster x2

1, 2 Grind L heel forward, recover

- 3 & 4 Coaster L, R, L
- 5, 6 Grind R heel forward, recover
- 7 & 8 Coaster R, L, R

ARM MOVEMENTS TO RESEMBLE WORKING/DIGGING/SHOVELING WITH A SPADE
choreographed by Maudie na Nakhorn

Section 1: 1 – 8 Should resemble digging movements

- 1, 2 Swing arms back/up to the right and lean forward
- 3 & 4 Straighten and bring arms back
- 5, 6 Swing arms back/up to the left and lean forward
- 7 & 8 Straighten and bring arms back

Section 2: 1 – 2 Digging movement, 3 – 8 Should resemble resting spade on shoulder

- 1 Swing arms back to the right and lean forward
- 2 Straighten and bring arms up/back to left shoulder, hands together
- 3-8 Rest hands together on shoulder

Section 3: 1 – 2 Digging movement, 3&4 Resting spade on shoulder, 5-8 Shoveling movements

- 1 Swing arms back to the left and lean forward
- 2 Straighten and bring arms up/back to right shoulder, hands together
- 3 & 4 Hands on shoulder
- 5, 6 Swing arms to right back/up, recover
- 7, 8 Repeat 5, 6

Section 4: 1 -3 Resembles the Mexican wave whilst holding spade over head, &4-8 Shoveling and dumping soil

- 1- 3 Raise arms over head and flex to right side, Flex to left, Flex to right
- & 4 Swing arms back/up to right
- & 5 Recover swinging arms to left at waist level as if dumping soil
- 6 Bend slightly forward swinging arms back to right side on turn
- 7 Straighten swinging arms back at waist level on turn
- 8 Bring arms back and up to left shoulder both hands together

Section 5: 1 -4 Resembles resting a spade on shoulder

- 1, 2 & Both hands together and up to left shoulder leaning slightly to right
- 3, 4 & Both hands together and up to right shoulder leaning slightly to left
- 5-8 Keep hands on right shoulder as if resting spade

Section 6: 1-8 Raise both arms up as if holding spade over head. Keep arms up throughout

Section 7: 1-8 Arms by waist as if holding spade parallel to waist

Section 8: Arms by waist as in section 7, arms on shoulder

- 1-4 Arms by waist
- 5, 6 Arms on right shoulder as if resting spade on shoulder
- 7, 8 Arms on left shoulder

Tag: Shoveling movements

- 1 Swing arms back to right leaning slightly forward
- 2 Recover swinging arms to left as if dumping soil
- 5 Swing arms back to left leaning slightly forward
- 6 Recover swinging arms to right as if dumping soil

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