

Dig Deep

拍數: 48 牆數: 4 級數: Improver
編舞者: Don Pascual (FR) - November 2013
音樂: Try Hard, Dig Deep, Break Through - The Lennerockers



Start on vocals after 8 counts

Start to dance the introduction after 8 counts (on vocals), and the main part of the dance begins on the word "Roll".

Introduction:

[1-8]: Syncopated jump out forward, clap, clap, syncopated jump in backward, R & L arms flicks

- 1-2 Syncopated jump out forward (R, L)
- 3-4 clap, clap
- 5-6 Syncopated jump in backward (R, L)
- 7 Flick your R arm over your R shoulder, thumbing a lift
- 8 Flick your L arm over your L shoulder, thumbing a lift

[9-16]: R & L stomps, slap x2, slap x2, R stomp up x2,

- 1-2 Stomp R beside L; stomp L beside R
- 3-4 Slap your thighs backward and forward with your L&R palms
- 5-6 Slap L & R palms upward & downward
- 7-8 Stomp up R beside L X2 (keep weight on L)

The dance:

Section 1: Vine to the R, touch, heel, hook, heel, hook

- 1-4 Step R to R side, cross L behind R, step R to R side, touch L beside R
- 5-8 L heel forward, hook L across R shin, L heel forward, hook L across R shin

Section 2: Vine to the L, touch, heel, hook, heel, hook

- 1-4 Step L to L side, cross R behind L, step L to L side, touch R beside L
- 5-8 R heel forward, hook R across L shin, R heel forward, hook R across L shin

Section 3: Step R fwd, point, touch, point, step L fwd, point, step R fwd, point

- 1-4 Step R forward, point L toe to L side, touch L toe beside R, point L toe to L side
- 5-8 Cross slightly L over R, point R toe to R side, cross slightly R over L, point L toe to L side

Section 4: L rock step fwd, L ¼ T & step L to L side, cross, large L step to L side, drag R

- 1-2 L rock forward, recover weight on R
- 3-4 L ¼ T & step L to L side, cross R over L
- 5 Very large L step to l side
- 6-8 Drag R (progressively) beside L, keeping weight on L

Section 5: Syncopated jump out forward, clap, clap, syncopated jump in backward, R & L arms flicks

- 1-2 Syncopated jump out forward (R, L)
- 3-4 clap, clap
- 5-6 Syncopated jump in backward (R, L)
- 7 Flick your R arm over your R shoulder, thumbing a lift
- 8 Flick your L arm over your L shoulder, thumbing a lift

Section 6: (Little Jump in place making a L ¼ T) x2 , slap x2, slap x2, R stomp up x2,

- 1-2 Jump on both feet making a L ¼ T, repeat
- 3-4 Slap your thighs backward and forward with your L&R palms

5-6 Slap L & R palms upward & downward
7-8 Stomp up R beside L X2 (keep weight on L)

Style: you can keep your thumbs over your shoulders on counts 1-2

Final: Sections 5 &6, section 5, L ¼ T section 5, L ¼ T section 5&6, cross R over L, L ¾ T unwind, clap x2, raise your arms

End of wall 9, facing 3h00:

- Dance sections 5 & 6,
- Dance section 5 (facing 9h00),
- Dance section 5 making a L ¼ T on count 1, (facing 6h00)
- Dance sections 5 & 6 making a L ¼ T on count 1 of section 5 (facing 3h00 on count 1, ending facing 9h00.)
- Cross R over L, L ¾ T unwind on 3 counts (you are facing 12h00), clap x2 and raise your arms

Have fun with this dance !!!

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