

Shallow

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Count: 32 **Wall:** 4 **Level:** Intermediate

Choreographer: Lars Kuif (Holland - December 2018)

Music: "Shallow" by Lady Gaga & Bradley Cooper

Info: Starts after 12 'slow' counts (just before vocals, app. 15 sec. in song)

This dance has 2 walls, but because of 2 Restarts you'll dance 4 walls.

[1 - 8] Basic NC R, Side, Behind-Side-Cross, Sweep, Cross, $\frac{1}{4}$ L, $\frac{1}{2}$ L, $\frac{1}{2}$ Pivot Turn L

- 1,2&** Step R to side (1), rock L back (2), recover to R (&) [12.00]
3,4& Step L to side (3), step R behind L (4), step L to side (&) [12.00]
5,6& Step R across L with L sweep fwd. (5), step L across R (6), $\frac{1}{4}$ L stepping R back (&) [09.00]
7,8& $\frac{1}{2}$ L stepping L fwd.(7), step R fwd. (8), $\frac{1}{2}$ L and weight to LF (&) [09.00]

Restart* in wall 2 facing 03.00

[9 - 16] Full Turn R, Step Fwd., Rock Fwd., Steps Back With Sweeps, Behind, Side, Cross Rock

- 1,2&** Step R fwd. (1), $\frac{1}{2}$ R stepping L back (2), $\frac{1}{2}$ R stepping R fwd. (&) [09.00]
3,4& Step L fwd. (3), rock R fwd. (4), recover to L (&) [09.00]
5,6 Step R back with L sweep back (5), step L back with R sweep back (6) [09.00]
7&8& Step R behind L (7), step L to side (&), rock R across L (8), recover to L (&) [09.00]

Restart in wall 5 facing 12.00**

[17 - 24] $\frac{1}{4}$ R, Step R Fwd., $\frac{1}{2}$ Pivot Turn R, $\frac{1}{2}$ Pivot Turn L, Walk L-R-L Fwd., Kick R Fwd., Step R-L Back,

- 1,2& $\frac{1}{4}$ R stepping R fwd. (1), step L fwd. (2), $\frac{1}{2}$ R and weight to LF (&) [06.00]**
3,4& Step L fwd. (3), step R fwd. (4), $\frac{1}{2}$ L and weight to RF (&) [12.00]
5,6& Step R fwd. (5), Walk L-R fwd. (6&) [12.00]
7,8& Walk L fwd. with R kick fwd. (7), step R-L back (8&) [12.00]

[25- 32] $\frac{1}{4}$ R Stepping R To Side And Sway, Basic NC L, Figure Of Eight

1,2&¼ R stepping R to side and sway (1), sway L-R (2&) [03.00]

3,4& Step L to side (3), rock R back (4), recover to L (&) [03.00]

5&6&¼ R stepping R fwd. (5), step L fwd. (&), ¾ R and weight to RF (6), step L to side (&) [03.00]

7&8& Step R behind L (7), ¼ L stepping L fwd. (&), step R fwd. (8), ½ L and weight to LF (&) [06.00]

Restart*:

Dance wall 2 up to count 8& and restart (facing 03.00).

Restart:**

Dance wall 5 up to count 16& (count 8& of section 2)and restart (facing 12.00)

Finish:

At the end of wall 6: step R fwd. and ½ turn L to face 12.00

Questions: larskuif@hotmail.com