

Shallow

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Count: 32

Wall: 2

Level: Intermediate

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Music: Lady Gaga & Bradley Cooper - Shallow (3:36)

First Tag after wall 2, Second Tag after wall 6

SIDE, BACK ROCK, RECOVER, CHASSE, ROCK STEP, 1/2 SHUFFLE TURN

1-2-3LF step to L, RF rock behind LF, recover to LF

4&5RF step to R, LF together, RF step to R

6-7LF rock forward, RF rock back onto RF

8&1LF step with 1/2 turn to L, RF together, LF step forward

3/4 TRAVELLING BACKWARD, ROCKING CHAIR

2-3-4RF step back with 1/4 turn to L, LF step back with 1/2 turn to L, RF step forward

5-6-7-8LF rock forward, RF step in place, LF rock back, RF step in place

STEP, 1/4 SIDEROCK, CROSS, SIDE, ROCK STEP*, STEP, ROCK STEP*, 1/4 STEP

1&2LF step forward, RF rock with 1/4 turn L, LF step in place

3-4RF cross over LF, LF step to L side

5-6-7RF rock back, LF step in place, RF step to R

8-1-2LF rock back, RF step in place, LF step back turning 1/4 R

***while doing rock step rotate your upper body and do the rock step slightly diagonally**

1/4 SAILOR STEP, 2x 1/4 SAMBA BASIC

3&4RF cross behind L with 1/4 turn to R, LF step to L, RF step forward

5&6LF longer step forward, RF step with 1/4 turn to L, LF together

7&8RF step back with 1/4 turn L, LF to R side, RF together

START AGAIN

First Tag after wall 2, second tag after wall, special ending in the end :)

***TAG 1**

2x WALK, SHUFFLE, ROCK STEP WITH 1/2 TURN, FULL TRIPLE TURN, PIVOT

1-2LF step forward, RF step forward

3&4LF small step forward, RF together with the limping like motion, LF small step forward

5-6RF rock forward, LF recover but turning 1/2 to R

7&8RF step forward with 1/2 turn R, LF step with 1/2 turn R, RF step forward

1-2LF step forward pivoting 1/2 to R, RF step in place

SWAY, 2x SAILOR STEP

3-4LF step to side, sway hips to L and R bringing weight onto RF

5&6LF cross behind RF, RF step to R side, LF step to L side

7&8RF cross behind LF, LF step to L side, RF step to R side

***TAG 2**

For the first 10 counts steps are the same

2x WALK, SHUFFLE, 1/2 ROCK STEP TURN, FULL TRIPLE TURN, PIVOT

1-2LF step forward, RF step forward

3&4LF small step forward, RF together with the limping like motion, LF small step forward

5-6RF rock forward, LF recover but turning 1/2 to R

7&8RF step forward with 1/2 turn R, LF step with 1/2 turn R, RF step forward

1-2LF step forward pivoting 1/2 to R, RF step in place

SHUFFLE, SPIRAL TURN TO LEFT, SHUFFLE

3&4LF step forward, RF together, LF step forward

5-6RF step forward, full turn to L staying on RF, crossing LF over RF

7&8LF step forward, RF step together, LF step forward

1/8 DIAMOND, 1/8 COASTER STEP, 1/8 DIAMOND, 1/8 COASTER STEP

1&2cross RF over LF slightly starting the turn to R, LF step back continuing the turn, RF step back ending the 1/8 turn (1:30)

3&4LF step back, RF together, LF step forward - steps with small turn to face 3:00

5&6cross RF over LF slightly starting the turn to R, LF step back continuing the turn, RF step back ending the 1/8 turn (4:30)

7&8LF step back, RF together, LF step forward - steps with small turn to face 6:00

ROCK STEP, STEP 1/2 TURN, PADDLE TURNS*

1-2RF rock forward, LF step in place

3&4&5&6&7&8&RF step back with 1/2 turn to R, while staying on the RF paddle with LF 1/2 turns as much as music or head allows - end the turns to the front wall

***while doing the paddles hold your palms upwards and raise your hands from the side from down diagonal to up diagonal**

Continue dancing the main part