

# Swimming In the Deep End

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**Count:** 64

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Alison Biggs & Peter Metelnick (TheDanceFactoryUK) - 2018

**Music:** No One - Jess Glynne

**Start 16 counts after piano intro - approx. 16secs - 3mins 40secs - 120bpm**

**Music Available: Amazon**

**[1-8] R kick and side points, R sailor, L touch behind,  $\frac{3}{4}$  L unwind, R ball step fwd**

**1&2&3** Kick R forward, step R together, point L side, step L together, point R side

**4&5** Cross step R behind L, step L side, step R side

**6-7&8** Touch L behind, unwind  $\frac{3}{4}$  left with weight ending on L, step R forward, step L forward (3 o'clock)

**[9-17] R fwd,  $\frac{1}{4}$  L pivot turn, R cross shuffle, L side, R sailor,  $\frac{1}{4}$  L sailor**

**1-2** Step R forward, pivot  $\frac{1}{4}$  left (12 o'clock)

**3&4** Cross step R over L, step L side, cross step R over L

**5** Step L side

**6&7** Cross step R behind L, step L side, step R side

**8&1** Cross step L behind R, step R side, turning  $\frac{1}{4}$  left step L forward (9 o'clock)

**[18-25] R fwd,  $\frac{1}{2}$  L pivot turn, R fwd shuffle, R full turn fwd, L fwd,  $\frac{1}{4}$  R pivot turn**

**2-3** Step R forward, pivot  $\frac{1}{2}$  left (3 o'clock)

**4&5** Step R forward, step L together, step R forward

**6-7** Turning  $\frac{1}{2}$  right step L back, turning  $\frac{1}{2}$  right step R forward (3 o'clock)

**Non-turning option: walk forward L, R**

**8-1** Step L forward, pivot  $\frac{1}{4}$  right (6 o'clock)

**[26-32] L cross step, R kick ball cross, R side, L touch together, L ball cross, L side**

**2-3&4** Cross step L over R, kick R forward, step R back, cross step L over R

**5-6** Step R side, touch L together

**&7-8** Step L slightly back, cross step R over L, step L side

**[33-40] R rock back/recover, ½ L, R shuffle back, L together, R & L heel switches, L together, R touch**

- 1-2 Rock R back, recover weight on L
- 3&4 Turning ½ left step R back, step L together, step R back (12 o'clock)
- 5-6&7 Step L together, touch R heel forward, step R together, touch L heel forward
- &8 Step L together, touch R toe together

**[41-48] R rock back/recover, ½ L, R shuffle back, L together, R & L heel switches, L together, R forward**

- 1-2 Rock R back, recover weight on L

**Option as you rock R back, kick L forward at same time**

- 3&4 Turning ½ left step R back, step L together, step R back (6 o'clock)
- 5-6&7 Step L together, touch R heel forward, step R together, touch L heel forward
- &8 Step L together, step R forward

**[49-56] L fwd, ¼ R pivot turn, L cross shuffle, ½ L hinge turn, R cross shuffle**

- 1-2 Step L forward, pivot ¼ right (9 o'clock)
- 3&4 Cross step L over R, step R side, cross step L over R
- 5-6 Turning ¼ left step R back, turning ¼ left step L side (3 o'clock)
- 7&8 Cross step R over L, step L side, cross step R over L

**[57-64] L side rock/recover, ¼ L toaster, R fwd, ½ L pivot turn, walk fwd 2/L full turn fwd**

- 1-2 Rock L side, recover weight on R
- 3&4 Turning ¼ left step L back, step R together, step L forward (12 o'clock)
- 5-6 Step R forward, pivot ½ left (6 o'clock)
- 7-8 Step R forward, step L forward

**Optional turn: Turning ½ left step R back, turning ½ left step L forward**

**Ending: Wall 7 - dance first 13 counts and then sway R, L, R hold to finish**

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