

Dig Deep

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Count: 48 **Wall:** 4 **Level:** Improver

Choreographer: Don Pascual (Nov 2013)

Music: 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 3/4 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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