

# Dig Deep

拍数: 32      墙数: 4      级数: Improver  
编舞者: Tina Argyle (UK), Hayley Wheatley (UK) & Robert Lindsay (UK) - March 2019  
音乐: Dig Deep - Paul Carrack : (Album: The Hollywood Sessions)



## **S1: SIDE STEP, CROSS ROCK, RECOVER, SAILOR STEP ¼ TURN, SKATE, SKATE, TRIPLE STEP FORWARD**

1-2-3      Step RF to R side, Cross rock LF over RF, Recover onto RF  
4&5      Sweep LF around while making ¼ turn L and stepping back onto LF, Step RF to R side, Step LF to L side (9:00)  
6-7      Skate RF fwd, Skate LF fwd  
8&1      Step fwd on RF, Close LF beside RF, Step fwd on RF

## **S2: ROCK FORWARD, RECOVER, BACK LOCK STEP, TOUCH RIGHT TOE BACK, ½ TURN RIGHT, STEP FORWARD, PIVOT ¼ TURN, CROSS**

2-3      Rock fwd onto LF, Recover onto RF  
4&5      Step back on LF, Lock RF over LF, Step back onto LF  
6-7      Touch R toe back, Make 1/2 turn R stepping onto RF (3:00)  
8&1      Step fwd onto LF, Pivot ¼ turn R, Cross LF over RF (6:00)

## **S3: PRESS TO CORNER, RECOVER, BEHIND SIDE CROSS, SWAY, SWAY, BEHIND TURN STEP**

2-3      Press RF fwd (to 7:30), Recover onto LF  
(If you don't want to press then just rock RF to R corner)  
4&5      Step RF behind LF, Step LF to L side, Cross RF over LF  
6-7      Sway hips L while stepping LF to L side, Sway hips R (while taking weight onto RF)  
8&1      Step LF behind RF, Make ¼ turn R stepping onto RF, Step fwd onto LF (9:00)

## **S4: STEP FORWARD, HALF TURN TAP, TRIPLE STEP 1/2TURN, ROCK BACK, RECOVER, STEP PIVOT ½ TURN**

2-3      Step fwd onto RF, Make ½ turn L while tapping L toe fwd (with L knee slightly bent) (3:00)  
4&5      Triple Step ½ turn R stepping L,R,L (9:00)  
6-7      Rock back onto RF, Recover onto LF  
8&      Step fwd onto RF, Pivot ½ turn L (3:00)

**Last Update 8 May 2019**