

# DEEPLY DIG

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**Count:** 48

**Wall:** 4

**Level:** intermediate

**Choreographer:** Shaz Walton

**Music:** Groove Is In The Heart by Dee-Lite

## ROCK BACK, RECOVER, STEP SIDE, TOUCH, ROLL, BUMP, SIT, BACK ROCK, RECOVER

- 1-2 Rock back on right, recover on left
- 3-4 Step right to right side, touch left beside right
- 5&6 Roll hips anti to the right, push hips forward, push hips back in a sitting position
- 7-8 Rock back on left recover on right

## STEP, PIVOT ½ TURN RIGHT, ½ TURN, POINT, & SIDE ROCK, RECOVER, & SIDE ROCK RECOVER

- 1-2 Step forward left, pivot ½ turn right
- 3-4 Make ½ turn right stepping left beside right, point right to right side
- &5-6 Step right beside left, rock left to left side, recover on right
- &7-8 Step left beside right, rock right to right side, recover on left

**To achieve "the look" of this step: when rocking out to left or right, make it a big rock & slightly bend the other leg**

## SLOW COASTER STEP, POINT, & SIDE TOUCH, STEP DOWN, & SIDE TOUCH, STEP DOWN

- 1-2 Step back on right, step back on left
- 3-4 Step forward right, point left to left side (bend right knee keep left leg straight)(lean to right)
- &5-6 Step left beside right, touch right to right side (lean over to the left) place weight on right foot (lean over to the right)
- &7-8 Step left beside right, touch right to right side (lean over to the left) place weight on right foot (lean over to the right)

## STEP BACK LEFT, STEP BACK RIGHT, LEFT SHUFFLE FORWARD, ROCK, RECOVER, ½ TURN RIGHT, ¼ TURN RIGHT

- 1-2 Step back on left foot, step back on right foot
- 3&4 Step left foot forward, step right beside left, step left foot forward

- 5-6 Rock forward right, recover on left
- 7-8 Make ½ turn right stepping forward right, make ½ turn right stepping left to left side (weight on left)

### **RIGHT SAILOR STEP, LEFT SAILOR STEP, MASH POTATO OR CHARLESTON STEP**

- 1&2 Cross step right behind left, step left to left side, step right to right side
- 3&4 Cross step left behind right, step right to right side, step left to left side
- 5& Touch right toe forward with both heels pointing in, raise right foot with both heels facing out
- 6& Step right foot back with both heels facing in, raise left foot with both heels facing out
- 7&8 Touch left toe back with both heels facing in, raise left foot, both heels facing out, step left foot forward

**If you prefer not to do the Mash Potato Steps, replace them with Charleston Steps or points**

### **STEP, HOLD, STEP, ROCK RECOVER, BIG STEP BACK, SLIDE, BUMP & BUMP**

- 1-2 Step forward right, hold
- &3-4 Step left beside right, rock forward right, recover on left
- 5-6 Take a large step back with right (diagonal), slide left beside right, (no weight)
- 7&8 Step left to left side bumping hip to left, bump hip to right, bump hip to left taking weight on left foot

### **REPEAT**