



Step-In-Time Line Dancing

HEREFORDSHIRE

Dance: **Dig Deep**
 Type: 32 Count, 4 Wall, Improver
 Choreographer: Tina Argyle, Hayley Wheatley & Robert Lindsay (UK), March 2019
 Choreographed to: Dig Deep by Paul Carrack (86 bpm, 4:14 min)

Intro: Start after count 16, on the word "Rails"

Section 1 Side, Cross Rock, Sailor 1/4, Skate x 2, Right Shuffle

1-3	Step right to right side. Cross rock left over right. Recover on right	Side, cross rock
4&5	Turn 1/4 left crossing left behind right (9:00). Step right to right side. Step left to left side	Sailor turn
6,7	Slide right forward on diagonal (10:30). Slide left forward on diagonal (7:30)	Skate, skate
8&1	Step right forward (9:00). Step left beside right. Step right forward	Right shuffle

Section 2 Forward Rock, Back Lock Step, 1/2 Toe Turn, Step Pivot 1/4, Cross

2,3	Rock forward on left. Recover on right	Forward rock
4&5	Step left back. Lock right over left. Step left back	Back, lock, back
6,7	Touch right toe back. Turn 1/2 right (3:00)	Toe, turn
8&1	Step left forward. Pivot 1/4 turn right (6:00). Cross left over right	Step, pivot, cross
	<i>Non-turning steps 6-1: Toe Strut, Back Rock 1/4 Turn, Cross</i>	
6,7	<i>Touch right toe back. Lower right heel</i>	<i>Back strut</i>
8&1	<i>Rock back on left. Turn 1/4 left recovering on right (6:00). Cross left over right</i>	<i>Rock, turn, cross</i>

Section 3 Press, Weave Left, Sway x 2, Behind, 1/4 Turn, Step

2,3	Press right forward on diagonal (7:30). Recover on left	Press
4&5	Cross right behind left (6:00). Step left to left side. Cross right over left	Behind, side, cross
6,7	Step left to left side and sway left. Sway right	Sway, sway
8&1	Cross left behind right. Step right 1/4 turn right (9:00). Step left forward	Behind, turn, step

Section 4 Step, 1/2 Toe Touch, 1/2 Shuffle, Back Rock, Step Pivot 1/2

2,3	Step right forward. Turn 1/2 left touching left toe forward (left knee slightly bent) (3:00)	Step, toe
4&5	Step left 1/4 turn right. Step right beside left. Turn 1/4 right stepping left back (9:00)	Half shuffle
6,7	Rock back on right. Recover on left	Back rock
8&	Step right forward. Pivot 1/2 turn left (3:00)	Step, pivot