

Running Deep

Script approved by

Haareen

Michelle



Maureen & Michelle

BEGINNER/INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Shuffle, Mambo Step, Back Shuffle, Coaster Step.		
1 & 2	Step right forward. Close left beside right. Step right forward.	Forward Shuffle	Forward
3 & 4	Rock forward left. Rock back onto right. Step left back.	Mambo Step	On the spot
5 & 6	Step right back. Close left beside right. Step right back.	Back Shuffle	Back
7 & 8	Step left back. Step right beside left. Step left forward.	Coaster Step	On the spot
Section 2	Rumba Box, Left Chasse, Back, Drag, Rumba Box.		
1 & 2	Step right to right side. Step left beside right. Step right forward.	Side Close Forward	On the spot
3 & 4	Step left to left side. Close right beside left. Step left to left side.	Side Close Side	Left
5 - 6	Step right large step back. Drag left in to touch beside right.	Back Drag	Back
7 & 8	Step left to left side. Step right beside left. Step left forward.	Side Close Forward	On the spot
Section 3	1/4 Turn Chasse, Cross Rock, Sailor 1/4 Turn, 1/4 Turn Chasse.		
1	Make 1/4 turn left stepping right to right side.	Turn	Turning left
& 2	Close left beside right. Step right to right side.	Close Side	Right
3 - 4	Rock left across right. Rock back onto right.	Cross Rock	On the spot
5 &	Step left behind right. Make 1/4 turn left stepping right to right side.	Behind Turn	Turning Left
6	Step left forward.	Step	Forward
7	Make 1/4 turn left stepping right to right side.	Turn	Turning left
& 8	Close left beside right. Step right to right side.	Close Side	Right
Section 4	Cross, Point, Kick Ball Point, Cross, Unwind 1/2 Turn, Back Rock.		
1 - 2	Cross left over right. Point right toe to right side.	Cross Point	On the spot
3 & 4	Kick right forward. Step forward right. Point left toe to left side.	Kick Ball Point	Forward
5 - 6	Cross left over right. Unwind 1/2 turn right. (Taking weight onto left)	Cross Unwind	Turning right
7 - 8	Rock back on right. Rock forward onto left.	Back Rock	On the spot

4 Wall Line Dance:- 32 Counts. Beginner/Intermediate.

Choreographed by:- The Girls (Maureen & Michelle) (UK) July 2003.

Choreographed to:- 'I Just Want Love' by Mindy McCready (103 bpm) from 'Most Awesome 8' (16 count intro).

Music Suggestion:- 'Snap' by Marsha Britton (105 bpm) from 'Most Awesome 8' (16 count intro).