


Deep Down

Choreographed by [Matt Thomson](#)

Description: 32 count, intermediate/advanced partner/circle dance

Music: **Deep Channel (Special Edition)** by Afro Celt Sound System

Hammerhead Stew by Delbert McClinton [125 bpm / [Cost Of Living](#) / Available on iTunes ]

Position: Face to face two hand hold

Start dancing on lyrics

SIDE SHUFFLE, ¼ ROCK, RECOVER, SHUFFLE, PREPPING ROCK, RECOVER

1&2MAN: Step left to left side, step right together, step left side

LADY: Step right to right side, step left together, step right side

3-4MAN: Rock back on right, turn ¼ right, step left forward

LADY: Rock back on left, turn ¼ left, step right forward

5&6MAN: Step right forward, step left together, step right forward

LADY: Step left forward, step right together, step left forward

7-8MAN: Step forward on left. Bringing left hand forward, step right back

LADY: Step forward on right. Bringing right hand forward, step left back

SHUFFLE -LADIES ½ TURN, WALK, WALK, SHUFFLE, WALK -BOTH ¼ TURN, WALK -LADIES ½ TURN

1&2MAN: Step back left-right together, step left back

LADY: Step back on right making ¼ turn right, step left together, step right side making ¼ turn

Should be face to face, 2 hand hold, men facing RLOD, lady facing LOD

3-4MAN: Step back onto right, step left back

LADY: Step forward onto left, step right forward

5&6MAN: Step back right-left together, step right back

LADY: Step forward left-right together, step right forward

7-8MAN: Step left out to left side making ¼ turn right, step right together

LADY: Step forward right ¼ turn left, step left back making ½ turn left

Underneath man's left arm, lady's right

¼ TURN ROCK; RECOVER; COASTER STEP, WALK, WALK SWITCHING SIDES, COASTER STEP

1-2MAN: Step forward on left making ¼ turn to right, step right back

LADY: Step forward on right making ¼ turn to left, step left back

Now facing LOD

3&4MAN: Step back on left, together right, step left forward

LADY: Step back on right, together left, step right forward

5-6MAN: Step forward right, step left side making a quarter turn right

LADY: Step forward left. Step right to right side making quarter turn left

Lady's backing underneath man's left arm, lady's right

7&8MAN: Step back right, together left, step right forward

LADY: Step back left, together right, step left forward

Rejoin both hands

CROSS, ¼ TURN, COASTER STEP, WALK, WALK, BRUSH, ¼ STEP

1-2MAN: Cross left over, turn ¼ left and step right back

LADY: Cross right over, turn ¼ right and step left back

Drop lady's right hand, man's left

3&4MAN: Step back left, together right, forward left

LADY: Step back right, together left, forward right

5-6MAN: Step right forward, step left forward

LADY: Step left forward, step right forward

7-8MAN: Brush right, step right forward make ¼ turn right

LADY: Brush left, step left forward make ¼ turn left

REPEAT