

How Deep Is Your Love

Choreo: Desmond & Ruth Cunningham des.ruth.cunningham@usa.net www.diamondrounds.com
[05/ 01 to 10/ 15] 4600 Mackenzie St, Montreal, QC Canada H3W 1B1 (514) 345-9516
[11/ 01 to 04/ 15] 122 Vine St, Plant City, FL USA 33563 (813) 659-9449
Music: CD Star-515 with "Band Of Gold" available from Palomino Records & choreographer
Rhythm: Rumba **RAL Phase VI** **Timing: QQS** or as indicated in left margin
Footwork: Opposite, except where noted for woman in parentheses **Suggested Speed:** slow for comfort
Sequence: INTRO, A, B, A, B(mod), C, B(mod), C(1-7), ENDING **Release:** November 2004

INTRODUCTION

1-4 WAIT;; LADY SLOW WKARND IN 4 MAN TRN TO WALL in CP;;

- 1-2 In LOP/LOD ld ft free wait 2 meas ;;
SS 3 {w wkarnd} with very slight RF trn in pl L, -, R, -; (W trng RF fwd R, -, cont trn fwd L, -;) LOP/WALL
SS 4 {to CP} in pl L, -, R, -;(W cont trng RF arnd to fc ptrn fwd R, -, cont trn fwd L, -;) CP/WALL

PART A

1-4 CIRCULAR HIP TWIST;; BK BASIC/Lady TRN R to SHADOW;

- 1 {circular hip twist} fwd L, rec R, XLIB, -;
(W swivel ½ RF on L bk R, rec L comm. trng LF, cont trn fwd R outsd ptr, -;)
2 sd & bk R trng LF, XLIB cont trng, sd & bk R cont trng, -; (W swivl RF on R fwd L, swivl LF fwd R, swivl RF fwd L, -;)
3 XLIB trng LF, sd & bk R cont trng to fc wall, cl L, -; (W swivl LF fwd R, swivl RF fwd L, swivl LF to fc ptr fwd R, -;) CP/WALL
4 {bk basic w trn r} bk R, rec L, fwd R join left hnds with w R hnd on w's R shdr blade, -;
(W fwd L, trng RF sd & bk R, cont trng XLIB of R, -;) R SHADOW/WALL

5-8 ADV SLIDING DOOR;; START ADV SLIDING DOOR, LADY SPIRAL TO A FAN;;

- 5 {adv sliding door} fwd on ball of L, rec R, XLIB trng LF, -;(W bk on ball of R, rec L, fwd R crossing in frt, -;)
6 slide R to sd no wgt chg, rise, cl R trng RF, -; (W sd lunge L, rec R, bk L crossing in bk, -;)
7 {start adv sliding door w spiral} repeat meas 5, (W on last beat spiral LF on R ft);
8 {fan} bk R, rec L, sd R, -; (W cont trng LF fwd L to LOD, fwd R trng ½ LF, bk L, -;)

PART B

1-4 STOP & GO HOCKEYSTICK;; ALEMANA;;

- 1 {stop & go hockeystick} fwd L, rec R raise ld hnds to ld W to LF undrarm trn, cl L, -;
(W cl R, fwd L, fwd R trng ½ LF undr jnd hnds at M's right sd, -;)
2 chk fwd R w/left sd stretch shaping to ptr place R hnd on W's left shdr blade, rec L raising left arm, cl R, -;
(W chk bk L, rec R, fwd L trng ½ RF undr jnd hnds, -;)
3 {alemana} fwd L, rec L, cl R leadg W to trn RF, -; (W cl R, fwd L, fwd R comm. RF swivel to fc ptr, -;)
4 bk R, rec L, sd R, -; (W cont RF trn undr jnd ld hnds fwd L, cont trn fwd R, sd L, -;)

5-6 REV UNDRARM TRN IN 4; FALLAWAY RONDE & SYNCO BK VINE;

- QQQQ 5 {rev undrarm trn in 4} cross L in frt of R, rec R, sd L, cl R; (W XRIF undr jnd ld hnds trng ½ LF, rec L cont trn to fc ptr, sd R, cl L;)

- SQ&Q 6 {fallaway ronde, synco vine} move L ft up & bk ccw in an arc no wgt chg, -, beh L/ sd R, frt L;

7-8 HIGHLINE & REC, CL/ Lady TRN to SHADOW; BODY RIPPLE w/ARMS;

- SQQ 7 {highline, rec cl} sd R twd RLOD looking up at extd jnd raised trl arms, -, rec L trng to WALL hnds on hips, cl R;
(W sd L look at jnd raised trl arms, -, trng RF twd WALL hnds on hips fwd R, cont trn sd L;) to Left SHADOW/WALL
8 {body ripple} bend knees & lean fwd, push hips fwd, return to vertical pos by straightening knees & pulling hips bk, -;
[extd trl arms - m's R w's L- straight up on ct 4 of body ripple]

9-12 2 SWEETHEARTS to ½ OP;; KIKI WK 6 to fc WALL;;

- 9 {2 sweethearts} chk fwd L w/contra chk action shaping to look at ptr, rec R straightening body, sd L, -;
(W chk bk R w/contra chk action, rec L straightening body, sd R -; to Right SHADOW/WALL
10 chk fwd R w/contr chk action, rec L blending to ½ OP, fwd R, -; (W chk bk L, rec R, fwd L, -;) ½ OP/LOD
11 {kiki wks} placing each ft directly in frt of the supporting ft fwd L, R, L, -;
12 fwd R, L, R trng RF (W LF) to fc ptr, -; LOP/WALL

PART B (cont'd)

13-16 THREE-THREE'S;;;:

- 13 { 3-3's} Fwd L, rec R, close L release hnds, -; [after her swivel place hnds lightly on W's sh'drs] (W bk R, fwd L, fwd L swivel RF 1/2 to fc wall, -;)
- 14 Bk R, rec L, close R lead W to spin LF, -; [after her spin replace hnds on W's sh'drs] (W in place L arms out to sds & up, in place R arms down, in place L spin LF 1 full trn to fc wall, -;)
- 15 Sd & fwd L to DW extend arms out to sds look at ptr, rec R, close L, -; (W sd & bk R to DRC extend arms look at ptr, rec L, fwd R swivel RF 1/2 fc ptr, -;)
- 16 Bk R, rec L, fwd R, -; (W fwd L swivel RF 1/2, fwd R swivel RF 1/2, fwd L to fc ptr, -;)

REPEAT: PART A

PART B(mod)

1-4 STOP & GO HOCKEYSTICK;; ALEMANA;;

1-4 Repeat meas 1-4, PART B;;;;

5-6 REV UNDRARM TRN IN 4; FALLAWAY RONDE & SYNCO BK VINE;

5-6 Repeat meas 5-6, PART B;;;

7-8 HIGHLINE & REC, CL/ Lady TRN to SHADOW; BODY RIPPLE w/ARMS;

7-8 Repeat meas 7-8, PART B;;;;

9-12 2 SWEETHEARTS to 1/2 OP;; BREAK BK & FWD; KIKI WK 3;

9-10 Repeat meas 9-10, PART B;;;

11 {break bk 1/2 op} chk bk L, rec R, fwd L, -;

12 {kiki wk 3} repeat meas 12 PART B;

13-16 LUNGE, TRN IN, FWD; KIKI WK 3; SPOT TRN Lady SPIRAL; HOCKEYSTICK ENDING;

13 fwd lunge L trng 1/2 RF (W LF), to RLOD rec fwd R, fwd thru L, -; 1/2 OP/RLOD

14 repeat meas 12 PART B;

15 {spot trn w spiral} XLIF of R trn 1/2 RF, cont trn to fc ptr rec R, sd L, -;

(QQQQ) (W XRIF trng 1/2 LF, cont trn to fc rec L, fwd R, spiral LF to DRW;)

16 {hockeystick ending} bk R, rec L, fwd R, -; (W fwd L, fwd R trng LF 1/2 to fc ptr, sd & bk L, -;) LOP/DRW

PART C

1-4 1/2 BASIC; TO CONTINUOUS NATL TOP;;;:

1 {1/2 basic} fwd L, rec R, sd L comm. trng RF, -; CP/RLOD

2 {cont natl top} [3 meas fig trns 1 3/4 RF revolutions] XRIB of L, sd L, XRIB of L, -; (W sd L, XRIF, sd L, -;)

3 sd L, XRIB, sd L, -;(W fwd R making 1 full LF trn, fwd L, fwd R, -;)

4 XRIB, sd L, cl R, -; (W fwd L, fwd R making full LF trn to fc ptr, cl L, -;) CP/WALL

5-8 3 CUDDLES;;; TO A FAN;

5 {3 cuddles} sd L giving W slight left sd lead, rec R, cl L place left hnd on w's R shdr blade, -; Cuddle Pos/WALL (W trng 1/2 RF bk R w/R sd stretch free arm out to sd, rec L, fwd R trng 1/2 LF place R hnd on m's L shdr, -;)

6 sd R, rec L, cl R place R hnd on w's L shdr blade, -; Cuddle Pos/WALL

(W trng 1/2 LF bk L w/L sd stretch free arm out to sd, rec R, fwd L trng 1/2 RF place L hnd on m's R shdr, -;)

7 repeat meas 5;

8 {fan} bk R, rec L, sd R, -; (W fwd L, trng 1/4 LF sd & bk R, bk L, -;)

REPEAT: PART B(mod)

PART C(1-7)

1-4 1/2 BASIC; TO CONTINUOUS NATL TOP;;;:

1-4 Repeat meas 1-4, PART C;;;;

5-7 3 CUDDLES;;;:

5-7 Repeat meas 5-7, PART C;;; CUDDLE POS/WALL

END

1-2+ SLOW HINGE LINE & LOWER; LADY ARM SWEEP & CARESS; -

SS 1 {hinge} swivel LF 1/8 w/left sd stretch comm. lowering on L, -, cont lowering veering R knee inward, -; (W swiveling LF XLIF of R w/right sd stretch comm. lowering on L, -, cont lowering [head trnd left], -;)

SS 2+ {w arm sweep & caress} stay in cuddle pos looking at W, -, straighten body w/slight rise, -; (W trl hnd drops down then sweeps out to sd in an arc, -, & up to caress M's right cheek, -;)

HOW DEEP IS YOUR LOVE (Cunningham) phase 6 rba

LOP/LOD [ld ft free] WAIT;;

Lady SLO WK ARND in 4 to CP, Man trn to Wall;;

A

CIRCULAR HIP TWIST [end fcg wall];;; BK BASIC/ Lady trn R to SHADOW;

ADV SLIDING DOOR;; START 2nd ADV SLIDING DOOR-Lady SPIRAL to FAN;;

B

STOP & GO HOCKEYSTICK;; ALEMANA;;

Qk REV UNDRARM in 4; FALLAWAY RONDE & SYNCO BK VINE ;

HIGHLINE & REC, CL/Lady TRN to SHADOW; BODY RIPPLE w/ARMS;

2 SWEETHEARTS to ½ OP;; KIKI WK 6 to fc Wall [ld hnds jnd low];; 3-3's ;;; to loose CP

A

CIRCULAR HIP TWIST [end fcg wall];;; BK BASIC/ Lady trn R to SHADOW;

ADV SLIDING DOOR;; START 2nd ADV SLIDING DOOR-Lady SPIRAL to FAN;;

B(mod)

STOP & GO HOCKEYSTICK;; ALEMANA;;

REV UNDRARM in 4; FALLAWAY RONDE & SYNCO BK VINE ;

HIGHLINE & REC, CL/Lady TRN to SHADOW; BODY RIPPLE w/ARMS;

2 SWEETHEARTS to ½ OP;; BREAK BK & FWD KIKI WK 3;;

LUNGE, TRN IN & FWD to KIKI WK 3;;

SPOT TRN & Lady SPIRAL; to HOCKEYSTICK ENDING;

C

½ BASIC to CONT NATL TOP;;; 3 CUDDLES to FAN;;;;

B(mod)

STOP & GO HOCKEYSTICK;; ALEMANA;;

REV UNDRARM in 4; FALLAWAY RONDE & SYNCO BK VINE ;

HIGHLINE & REC, CL/Lady TRN to SHADOW; BODY RIPPLE w/ARMS;

2 SWEETHEARTS to ½ OP;; BREAK BK & FWD KIKI WK 3;;

LUNGE, TRN IN & FWD to KIKI WK 3;;

SPOT TRN & Lady SPIRAL; to HOCKEYSTICK ENDING to BFLY;

C(1-7)

½ BASIC to CONT NATL TOP;;; 3 CUDDLES;;;;

End

TO A SLOW HINGE LINE & LOWER; LADY ARM SWEEP & CARESS; -