

# How Deep Is Your Love

Choreo: Desmond & Ruth Cunningham [des.ruth.cunningham@usa.net](mailto:des.ruth.cunningham@usa.net)  
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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:**  
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## 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 {fallawy 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

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### 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 ½ OP;; BREAK BK & FWD; KIKI WK 3;**

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

11 {break bk ½ 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 ½ RF (W LF), to RLOD rec fwd R, fwd thru L, -; ½ OP/RLOD  
14 repeat meas 12 PART B;  
15 {spot trn w spiral} XLIF of R trn ½ RF, cont trn to fc ptr rec R, sd L, -;  
(QQQQ) (W XRIF trng ½ 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 ½ to fc ptr, sd & bk L, -;)  
LOP/DRW

**PART C**

**1-4 ½ 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 1¼ 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 ½ RF bk R w/R sd stretch free arm out to sd, rec L, fwd R trng ½ 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 ½ LF bk L w/L sd stretch free arm out to sd, rec R, fwd L trng ½ 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 ¼ LF sd & bk R, bk L, -;)

**REPEAT: PART B(mod)**

**PART C(1-7)**

**1-4 ½ 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 XLIB 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 2<sup>nd</sup> 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 2<sup>nd</sup> 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; -