

# Rolling in the Deep

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: Improver  
编舞者: Jessica Hume (USA) & John Hume (USA) - 18 May 2024  
音乐: Rolling in the Deep - Adele



#40 count intro, start **AFTER** the first verse, when the hard bass beat begins  
No Tags, No Restarts

## S1: 4x Knee Pops, Out-Out-In-Cross, Full Untwist, Stomp

1,2,3,4      Knee pops forward, stepping R-L-R-L  
&5&6      Stepping out to the sides "out-out" (R-L), step R back to center, cross L over R (even weight)  
7,8      Full turn untwist over R shoulder, ending up facing 12:00 (front) stomping L foot

## S2: 2x Hip Bumps, 2x Half Pivot Turns

1&2      Step R to R side while bumping hips R-L-R  
3&4      Step L to L side, while bumping hips L-R-L  
5,6,7,8      Step forward on R for half pivot turn over L shoulder (facing 6:00), repeat to face front again

## S3: ½ Weave, Side Triple, ½ Weave, Dramatic Hand Up/Down

1,2      Step R to R side, cross L behind R  
3&4      Continue momentum to R side with side triple R-L-R  
5,6      Continue to R side crossing L over R & planting R to R side (stopping momentum)  
7,8      Raise right arm dramatically straight up like you're grabbing a ball out of the air, snap arm back into place

## S4: Lock Step, Triple Step, Pivot ½ Turn, Push Full Turn

1,2      Step-Lock to front diagonal L-R (10:00)  
3&4      Triple step forward still on 10:00 diagonal L-R-L  
5,6      Pivot turn to the back over left shoulder stepping forward on diagonal R (10:00), then stepping forward on L to 6:00  
7,8      Continuing from 6:00, make a full turn over left shoulder stepping R-L, end facing 6:00 with weight still on L ready to start the dance again!

This dance was designed with places for people to add style, sass, and make it their own!

Submitted by Jessica Hume & John Hume – [jjhume@pm.me](mailto:jjhume@pm.me)

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