

Rolling in the Deep

COPPERKNOB
STEPSHEETS

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



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

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

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) weight on L foot

S2: 2x Hip Sways, 4x Box Slides

1,2 Step R to R side, hip sway out to R
3,4 Step L to L side, hip sway out to L
5,6,7,8 Four big slides to the side, while turning $\frac{1}{4}$ on each step making the outline of a box (slide R @ 12:00, slide L @ 9:00, slide R @ 6:00, slide L @ 3:00)

S3: Slow Weave, Sink/Lean on Right

1,2,3,4 Turning to front, stepping to the right R-L-R-L in side-behind-side-cross format
5-8 Step out to the right while sinking down/leaning back on the right (style with hands in the air, hip rolls etc)

S4: 2x Walk, Triple Step, Pivot $\frac{1}{2}$ Turn, Push Full Turn

1,2 Two walking steps toward front left 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 with left foot planted using right foot to push twice, 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!

Created 05/18/2024

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