

# 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!

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