

Rolling In The Deep

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Maggie Gallagher (UK) - January 2011
音乐: Rolling in the Deep - Adele



Intro: 8 counts (6 secs)

S1: TOUCH & HEEL & CROSS & HEEL & KICK & TOUCH, BUMP FORWARD, BUMP BACK

1&2 Touch left next to right, Step back on left, Tap right heel forward on right diagonal
&3&4 Step right next to left, Cross left over right, Step back on right, Tap left heel forward on left diagonal [11:00]
&5&6 Step left next to right, Kick right forward, Step right next to left, Touch left in front of right [11:00]
7-8 Bump forward on to left knee, Bump back on to right [11:00]

S2: COASTER STEP, STEP HITCH TURN, WALK L, WALK R, LOCK STEP

1&2 Step back on left, Step right next to left, Step forward on left [11:00]
3&4 Step forward on right, Ronde hitch left knee across right, On ball of right spin 5/8 turn right [6:00]
5-6 Walk left, Walk right
7&8 Step forward on left, Lock right behind left, Step forward on left

S3: STEP PIVOT ½, WALK, TRIPLE FULL TURN, STOMP R, FORWARD MAMBO STEP

1-2-3 Step forward on right, ½ pivot left, Walk forward on right [12:00]
4&5 Triple full turn right stepping left right left travelling forwards (alternative left shuffle) [12:00]
6 Stomp forward on right
7&8 Step forward on left, Step right in place, Step slightly back on left

S4: POINT & POINT, L SAILOR ¼ TURN, SAMBA STEP x 2

1&2 Point right to right side, Step right next to left, Point left to left side
3&4 ¼ turn left crossing left behind right, Step right to right side, Step left to left side [9:00]
5&6 Cross right over left, Rock left to left side, Recover on right
7&8 Cross left over right, Rock right to right side, Recover on left

S5: ROCK RECOVER, TRIPLE FULL TURN, ROCK RECOVER, FULL TURN LEFT

1-2 Rock forward on right, Recover on left
3&4 Full triple turn right stepping right left right (alternative right coaster step) [9:00]
5-6 Rock forward on left, Recover on right
7-8 ½ turn left stepping forward on left, ½ turn left stepping back on right [9:00]

S6: COASTER STEP, WALK R, L, STEP ½ TURN STEP, & WALK R, L

1&2 Step back on left, Step right next to left, Step forward on left
3-4 Walk right, Walk left
5&6 Step forward on right, ½ turn left stepping on left, Step forward on right [3:00]
&7-8 Step left next to right, Walk right, Walk left

S7: POINT HITCH CROSS, POINT HITCH CROSS, ROCK RECOVER, BEHIND SIDE CROSS

1&2 Point right to right side, Hitch right knee over left, Cross right over left
3&4 Point left to left side, Hitch left knee over right, Cross left over right
5-6 Rock right to right side, Recover on left
7&8 Cross right behind left, Step left to left side, Cross right over left

S8: ROCK RECOVER, SAILOR ¼ TURN, ROCKING CHAIR & CROSS & HEEL &

1-2 Rock left to left side, Recover on right
3&4 Cross left behind right, ¼ turn right stepping forward on right, Step forward on left [6:00]
5&6& Rock forward on right, Recover on left, Rock back on right, Recover on left,
7&8& Cross right over left, Step back on left, Tap right heel forward, Step right next to left
