

# Rolling In The Deep

COPPERKNOB  
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

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