

Rolling In The Deep Beginner

拍数: 32 墙数: 2 级数: Beginner
编舞者: Charlotte Neckelmann (DK) - May 2011
音乐: Rolling in the Deep - Adele



Intro: 8 Counts. It's a quick start. be ready!

Toe Struts Forward Diagonally with hip boom X 4

1 - 2 Step Diagonally step right toe forward White hip boom(10.30 (1) drop right heel (2)
3 - 4 step Diagonally step left toe forward White hip boom(1.30)(3) drop left heel moving(4)
5 - 8 Repeat 1-4 [12:00]

For style move your shoulder : round up down right shoulder from front and left shoulder from bag clock wise on 2 count do it 4 times .

Monterey Turn x 2

1 - 2 Point with right toe(1)¼ turn right step right beside left(2) [3:00]
3 - 4 point left (3)Step left beside right (4) [3:00]
5 - 8 Repeat 1-4 [6:00]

Point R slightly step cross R. Step point L slightly cross

1 - 2 Point right (1)slightly cross step forward right(2) [Style Point hands to left]
3 - 4 Point left (3)slightly cross step forward left(4)[Style Point hands to right]
5 - 6 Point right (5)slightly cross step back right(6)[Style Point hands to left]
7 - 8 Point left (7)slightly cross step back left(8) [6:00][Style Point hands to right]

Vine R, Touch, Vine L, Touch.

1 - 2 Step right to right side (1) Cross left behind right(2) [Style cross left behind right bend your knees]
3 - 4 Step right to right side (3) touch left(4)
5 - 6 Step left to left side (5)cross right behind left (6) [Style cross right behind left. bend your knees]
7 - 8 Step left to left side 7) Touch right(8) [6:00]

Start Again.

Contact: Linedance_neckelmann@yahoo.dk - www.freewebsite.dk/galleri_neckelmann/forside.php