

# Rolling In The Deep

COPPERKNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Phrased Intermediate  
编舞者: Ann-Charlott "Lottie" Hertzman (SWE) - November 2011  
音乐: Rolling in the Deep - Adele



AAA\* B, AA\*, BB, AA\*, BB

## A Part – 32 counts

### [1 – 8] Walk forward, Mambo side, Mambo forward, Toe behind, ½ turn

1-2            Step R forward, Step L forward  
3&4            Rock R to R side, Recover on L, Step forward on R  
5&6            Rock forward on L, Recover on R, Step back on L  
7-8            R toe behind L heel, Turn ½ right (weight on right)

### [9 – 16] Walk forward, Mambo side, Mambo forward, Toe behind, ¼ turn

1-2            Step L forward, Step R forward  
3&4            Rock L to L side, Recover on R, Step L forward  
5&6            Rock forward on R, Recover on L, Step back on R  
7-8            L toe behind R heel, Turn ¼ left (weight on left)

### [17 – 24] Jazzbox, Cross, Side, Behind, Chasse

1-2            Cross R over L, Step back on L,  
3-4            Step R to R side, Cross L over R  
5-6            Step R to R side, Step L behind R  
7&8            Step R to R side, Step L next to R, Step R to R side

### [25 – 32] Jazzbox, Cross, Grapevine, Touch

1-2            Cross L over R, Step back on R  
3-4            Step L to L side, Cross R over L  
5-6            Step L to L side, Step Right behind L \* NOTE see below (change steps)  
7-8            Step L to L side, Touch R next to L

## B Part – 32 counts

### [1 – 8] Chasse ¼ turn, ½ turn shuffle, Coaster step, Walk forward

1&2            Step R to R side, Step L next to R, Turn ¼ right step R forward  
3&4            Turn ¼ right step L to L, Step R next to L, Turn ¼ right step back on L  
5&6            Step back on R, Step L next to R, Step forward on R  
7-8            Step left forward, step right forward

### [9 – 16] Rockstep, Shuffle back, Rockstep, Forward, ¼ turn

1-2            Rock forward on left, recover back on right  
3&4            Step back on left, step right next to left step back on left  
5-6            Rock back on R, recover on L  
7-8            Step forward on R, ¼ turn left (weight on L)

### [17 – 24] Cross, Back, ½ shuffle, Forward, ½ turn, Shuffle forward

1-2            Cross R over L, Step back on L  
3&4            Turn ½ right step forward on R, Step L next to R, Step forward on R  
5-6            Step forward on L, Turn ½ right (weight on R)  
7&8            Step forward on L, Step R next to L, Step forward on L

### [25 – 32] Forward, ¼ turn x4

1-4 Step forward on R, Turn  $\frac{1}{4}$  left step on L, Step forward on R, Turn  $\frac{1}{4}$  left step on L  
5-8 Step forward on R, Turn  $\frac{1}{4}$  left step on L, Step forward on R, Turn  $\frac{1}{4}$  left step on L

### Have Fun On The Floor!!!

**\* NOTE: Do the first 28 counts of dance (up to jazzbox, cross). Then change the last steps to:**

5&6& Step L to L side, Step R behind L, Step L to L side, Cross R over L

7&8& Step L to L side, Step R behind L, Step L to L side, Hitch R beside L

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