

Rolling Deep

COPPER KNOB
BYEFOOTSTEPS

拍数: 32 墙数: 1 级数: Easy Intermediate
编舞者: Jenifer Wolf (CAN) - February 2012
音乐: Rolling in the Deep - Adele : (Album: 21)



Intro: start with heavy instrumentals – 40 counts

(A) STEP, TOUCH, STEP, TOUCH, X4

- 1-2 Step Right foot forward, Touch Left foot to left side
- 3-4 Step Left foot forward, Touch Right foot to right side
- 5-6 Step Right foot forward, Touch Left foot to left side
- 7-8 Step Left foot forward, Touch Right foot to right side (snap fingers on touches)

(B) STEP, TURN 1/8 LEFT, STEP, TURN 1/8 LEFT, CROSS, HOLD, SIDE SHUFFLE

- 1-2 Step Right foot forward, Turn 1/8 left onto left foot
- 3-4 Step Right foot forward, Turn 1/8 left onto left foot (you have made ¼ turn to 9:00 o'clock wall)
- 5-6 Cross Right foot over in front of Left foot, Hold (weight on Right foot)
- 7&8 Step Left foot to left side, Step Right foot beside left foot, Step Left foot to left side (side shuffle).

(C) CROSS, HOLD, SIDE SHUFFLE, TURN ¼ RIGHT, STEP, BRUSH X2

- 1-2 Cross Right foot over in front of left foot, Hold (weight on Right foot).
- 3&4 Step Left foot to left side, Step Right foot beside left foot, Step Left foot to left side
- 5-6 Turn ¼ right onto Right foot, Brush Left foot beside Right foot
- 7-8 Step Left foot to left side, Brush Right foot beside left foot

(D) STEP FORWARD, REPLACE, SHUFFLE BACK, STEP BACK, REPLACE, HOLD

- 1-2 Step Right foot forward, Step Left foot in place (rock, replace).
- 3&4 Step Right foot back, Step Left foot beside Right foot, Step Right foot back (shuffle back).
- 5-6 Step Left foot back, Step Right foot in place (rock, replace).
- 7-8 Step Left foot forward, Hold (option for style; can do right hip bumps)

Start again

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