

Rolling In The Deep

COPPER KNOB
BYEFOURNETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Regina Cheung (CAN) - March 2012
音乐: Rolling in the Deep - Adele



Intro : 32 counts

Sec 1: Right Chasse, Back Rock, Left Chasse, Back Rock

1&2 Step right to right side, Step left next to right, Step right to right side
3,4 Rock left behind right, Recover on Right
5&6 Step left to left side, Step right next to left, Step left to left side
7,8 Rock right behind left, Recover on Left (12:00)

Sec 2: Monterey 1/4 Right Turn, Monterey 1/4 Left Turn, pivot 1/2 Left, walk walk

1,2 Point right to right side, 1/4 turn right stepping right together
3,4 Point left to left side, 1/4 turn left stepping left together
5,6 Step right forward, Pivot 1/2 turn left
7 8 Right step forward, Left step forward (6:00)

Sec 3: Forward Touch, Back Touch, Back Touch, 1/4 Left turn Touch

1,2 Right step forward right diagonal, Left touch beside
3,4 Left step back left diagonal, Right touch beside
5,6 Right step back right diagonal, Left touch beside
7,8 Turn 1/4 left step left to left side, Right touch beside (3:00)

Sec 4: Jump Clap X 2, Sway X 4

&1,2 Jump right out, Jump left out (shoulder width) Hold & Clap on (2)
&3,4 Jump right back, Jump left together (weight on left) Hold & Clap on (4)
5,6,7,8 Sway Right, Left, Right, Left (3:00)

Repeat, no tag, no restart

Happy Dancing

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