

# Rolling

拍数: 32      墙数: 2      级数: Beginner  
编舞者: Jo Rosenblatt (AUS) - September 2012  
音乐: Rolling in the Deep - Adele



**START: Feet together, weight on left, Start on "There's..."**

**Side, Together, Side, Together, Side Shuffle, Cross Rock, Recover**

1-4            Step R to right, Step L beside right, Step R to right, Step L beside right  
(Do some Right Shoulder Rolls as you are stepping to the right.)  
5&6           Step R to right, Step L beside right, Step R to right  
7 8            Rock L across right, Recover back onto R

**Side, Across, Side, Behind, ¼ Shuffle, Fwd Rock, Recover**

1-4            Step L to left, Step R over left, Step L to left, Step R behind left  
5&6           Turning ¼ left Shuffle forward LRL  
7 8            Rock forward onto R, Recover onto L

**Back, Tap, Back Lock Back, Back Rock, Recover, Walk, Walk**

1 2            Step back R, Touch L beside right  
3&4           Step back on L, Cross R over L, Step back on L  
5 6            Rock back on R, Recover forward onto L  
7 8            Walk forward R L (with a bit of attitude)

**Side Rock, Cross Shuffle, Hip, Hip, ¼ turn, Touch**

1 2            Rock R to right side, Recover back onto L  
3&4           Cross Shuffle R over left RLR  
5-6           Sway L hip to left, Sway R hip to right  
7-8           Making ¼ turn step L to left, Touch R beside left

**Start Dance Again**

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