# **Rolling Start**

拍數: 32

級數: Beginner

編舞者: Maureen Bullock (UK) - April 2011

音樂: Rolling in the Deep - Adele

### [1-8] WALK X2 , RT FWD SHUFFLE, ½ PIVOT RT, WALK X2

- 1-2 Walk forward RT LF. (Funky with attitude)
- 3&4 RT shuffle, step forward RT, close LF to RT, step forward RT
- 5-6 Step forward LF turning <sup>1</sup>/<sub>2</sub> to RT, replace weight to RT
- 7-8 Walk forward LF RT. (funky with attitude)

### [9-16] LF FWD SHUFFLE, WALK X2, ½ PIVOT L, WALK X2

- 1&2 LF shuffle, step forward LF, close RT to LF, step forward LF
- 3-4 Walk forward RT LF (funky with attitude)
- 5-6 Step forward RT turning ½ to LF, replace weight to LF
- 7-8 Walk forward RT LF (funky with attitude)

## [17-24] POINT RT TOE L DIAGONAL, POINT BACK, FWD, HITCH SIDE STEP TO HOME WALL. REPEAT LF TO RT DIAGONAL.

- 1-3 Point RT toe across to LF diagonal, touch RT toe back, touch RT toe across to LF diagonal.
- &4 Hitch RT knee up and step side small step RT to face home wall
- 5-7 Repeat above with LF to RT diagonal
- &8 Hitch LF knee up and step side small step LF to face home wall

#### All with funky styling

### [25-32] CROSS ROCK ¼ TURN RT, ¼ PIVOT RT, CROSS SIDE, LONG STEP BACK & DRAG.

- 1&2 Cross rock RT over LF, recover weight LF, turn ¼ RT step fwd RT
- 3-4 Step forward LF turning ¼ pivot to RT replace weight to RT
- 5-8 Cross LF over RT, step to side RT, Step Long step back LF, drag RT to LF without weight.

### Start Again.

Contact: E-mail: maureenbullock@tiscali.co.uk





牆數:2