

Rolling In The Deep Maxi

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Improver
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音樂: Rolling in the Deep - Adele



Intro: 8 Counts. It's a quick start. be ready!

Toe Struts Forward Diagonally whit hip boom X 4

1 - 2 Step Diagonally step right toe forward White hip boom(10.30 (1) drop right heel (2)
3 - 4 step Diagonally step left toe forward White hip boom (1.30)(3) drop left heel moving(4)
5 - 8 Repeat 1-4[12:00]

For style: move your shoulder : round up down right shoulder from front and left shoulder from bag clock wise on 2 count do it 4 times .

Monterey Turn x 2

1 - 2 Point with right toe(1)¼ turn right step right beside left(2) [3:00]
3 - 4 point left (3)Step left beside right (4) [3:00]
5-8 Repeat 1-4 [6:00]

Point R slightly step cross R. Step point L slightly cross L. Forward and back

1 - 2 Point right (1)slightly cross step forward right(2)[Style Point hands to left]
3 - 4 Point left (3)slightly cross step forward left(4)[Style Point hands to right]
5 - 6 Point right (5)slightly cross step back right(6)[Style Point hands to left]
7 - 8 Point left (7)slightly cross step back left(8)[6:00][Style Point hands to right]

Vine r, touch, vine l, touch

1 - 2 Step right to right side (1) Cross left behind right(2) [Style cross left behind right bend your knees]
3 - 4 Step right to right side (3) touch left(4)
5 - 6 Step left to left side (5)cross right behind left (6) [Style cross right behind left. bend your knees]
7 - 8 Step left to left side 7) Touch right(8) [6:00]

(Point. Hitch. Point. Step) x2. Step.½ Turn. Step

1&2 Point right(1) Hitch right(&) Point right(2)[6:00]
3 -4 Cross slightly step forward right(3) Point left (4)
&5-6 Hitch left (&)Point left(5)Cross slightly step forward left[6:00]
7&8 Step right (7) ½ turn left(&) Step right (8)[12:00]

Triple full turn. Rock. Coaster cross. Rock to left side

1&2 Triple full turn right stepping left back(1) right(&) left (2)travelling forwards [12:00]

(alternative - left shuffle)

3 - 4 Rock right (3) Recover left(4)
5&6 step back right (5) step left beside right (&)Cross right over left(6)
7 - 8 Rock left to left side (7) Recover right (8)[12:00]

¼ turn Sailor Rock R .step back R. Rock L step forward. Turn ¼ on heel.

1&2 ¼ turn swipe left crossing left behind right(1)Step right to right side(&)Step left to left side[9:00]
3&4 Rock right(3)Recover left (&) Step right back (4)
5&6 Rock left back (5) Recover right(&) step left forward (6)[9:00]
7 - 8 Step right beside left (7)Turn ¼ on bought feet on the heel(8)(over left shoulder)[6:00]

Kick diagonally right, step behind, Side. Cross x2

1 -2 Kick right foot diagonal slightly down(1) Kick again right foot diagonal slightly down(2)[6:00]
3&4 Cross right behind left (3)Step left to left side (&)Cross right slightly over left(4)
5 - 6 Kick left foot diagonal slightly down(1)Kick again left foot diagonal slightly down 2)
7&8 Cross left behind right(3)Step right to right side(&)Cross left slightly over right(4)[6:00]

Start Again.

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