

Rolling In The Deep

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver WCS
編舞者: Marie-Aimé Le Barillec (FR) - May 2011
音樂: Rolling in the Deep - Adele



Intro: 8 counts or start dancing on lyrics

FORWARD SHUFFLE, FORWARD SHUFFLE, OUT, OUT, IN, IN

1&2 Chassé forward right, left, right in diagonal right
3&4 Chassé forward left, right, left in diagonal left
5-6 Step right diagonal forward right, step left diagonal forward left
7-8 Step right back, step left together

RIGHT ROCKING CHAIR FORWARD AND BACK, STEP ¼ TURN, STEP ¼ TURN

1-2 Rock right forward, recover to left
3-4 Rock right back, recover to left
5-6 Step right forward, turn ¼ left (weight to left) (9:00)
7-8 Step right forward, turn ¼ left (weight to left, 6:00)

TOE STRUT & BUMP FORWARD, TOE STRUT & BUMP FORWARD, SAILOR STEP, BEHIND SIDE CROSS

1-2 Touch right toe forward bumping hip forward, put right heel (weight to right)
3-4 Touch left toe forward bumping hip forward, put left heel (weight to left)
5&6 Cross right behind left, step left together, step right to side
7-8 Cross left behind right, step right to side, cross left over right

SIDE ROCK STEP, BEHIND SIDE CROSS, ROCK STEP FORWARD, COASTER STEP BACK

1-2 Rock right to side, recover to left
3&4 Cross right behind left, step left to side, cross right over left (weight to right)
5-6 Rock left forward, recover to right
7&8 Step left back, step right together, step left forward (weight to left)
Option for counts 7&8 above: make triple full turn left stepping left, right, left (weight to left, 6:00)

REPEAT

ENDING: After the 12th wall, facing 12:00: touch right toe forward, bumping hip forward, (weight to left)