

Rolling In The Deep

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Colleen Archer (AUS) - August 2011
音樂: Rolling in the Deep - Adele : (Album: 21 - 3:49)



“For...my twin sister Janise”

Intro: 8 counts SP. Weight on L

FULL TURN RIGHT, SIDE SHUFFLE, L MAMBO FWD, R MAMBO BACK

1, 2 Turn ¼ right & step R forward, Turn ½ right & step L back
3 & 4 Turn ¼ right & step R to side, Step L beside R, Step R to side
5 & 6 Step L forward to diagonal, Recover R, Step L beside R (use hips)
7 & 8 Step R back to diagonal, Recover L, Step R beside L (use hips) (12)

SIDE, SWEEP & TURN ¼, SAILOR, SAILOR CROSS, RECOVER, SWAY HIPS L, R

1, 2 Step L to side, Sweep R around to back as you turn ¼ right
3 & 4 Step R behind L, Step L to side, Recover R
5 & 6 & Step L behind R, Step R to side, Step L forward across R, Recover R
7, 8 Step L to side & sway hips L, Sway hips R (3)

ROCK FWD, BACK, ½ TURN SHUFFLE, R RHUMBA BACK, L RHUMBA BACK

1, 2 Step L forward, Recover R
3 & 4 Turn ¼ left & step L to side, Step R beside L, Turn ¼ left & step L forward
5 & 6 Step R to side, Step L beside R, Step R back
7 & 8 Step L to side, Step R beside L, Step L back (9)

BACK, DRAG, BACK, ACROSS, SIDE, HEEL, TOG, SCUFF, SWEEP, L SAILOR

1, 2 Long step R back, Drag L toward R
& 3 & 4 Step L back slightly, Step R across L, Step L to side, Touch R heel to 45* right
& 5, 6 Step R beside L, Scuff L forward, Sweep L out to side & around to back
7 & 8 Step L behind R, Step R to side, Recover L (9)

BEHIND, ¼ TURN, R X-SAMBA, L X-SAMBA, ½ PIVOT

1, 2 Step R behind L, Turn ¼ left & step L forward
3 & 4 Step R across L, Step L to side, Recover R
5 & 6 Step L across R, Step R to side, Recover L
7, 8 Step R forward, Turn ½ left taking weight onto L (12)

FWD, ½ TURN, ½ TURN SHUFFLE, L COASTER FWD, TOG, ROCK BACK, FWD

1, 2 Step R forward, Turn ½ right & step L back
3 & 4 Turn ½ right and step R forward, Step L beside R, Step R forward
5 & 6 & Step L forward, Step R beside L, Step L back, Step R beside L
7, 8 Step L back, Rock forward onto R (12)

¼ PADDLE, FWD, SIDE, BEHIND, SIDE, FWD, SIDE, BEHIND, SIDE

1, 2 Step L forward, Turn ¼ right taking weight R
3 & 4, 5 Step L across R, Step R to side, Step L behind R, Step R to side
6 & 7, 8 Step L across R, Step R to side, Step L behind R, Step R to side (3)

ACROSS, BACK, BACK, LOCK, BACK, ROCK BACK, FWD, KICK BALL STEP

1, 2 Step L across R, Step R back turning to face diagonal (4 o'clock)
3 & 4 Step L back, Lock R across L, Step L back

5, 6 Step R back, Rock forward onto L

7 & 8 Kick R forward, Step R beside L, Step L forward (straighten up as you start full turn right) (6)

Begin again

FINISH: Step R to side and sway hips R, Hold, Sharp sway hips L

Dance may be copied and distributed provided original steps remain unchanged.
