

Rolling In The Deep

拍數: 64 牆數: 4 級數: Phrased Intermediate
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音樂: Rolling in the Deep - Adele



AAA* B, AA*, BB, AA*, BB

A Part – 32 counts

[1 – 8] Walk forward, Mambo side, Mambo forward, Toe behind, ½ turn

1-2 Step R forward, Step L forward
3&4 Rock R to R side, Recover on L, Step forward on R
5&6 Rock forward on L, Recover on R, Step back on L
7-8 R toe behind L heel, Turn ½ right (weight on right)

[9 – 16] Walk forward, Mambo side, Mambo forward, Toe behind, ¼ turn

1-2 Step L forward, Step R forward
3&4 Rock L to L side, Recover on R, Step L forward
5&6 Rock forward on R, Recover on L, Step back on R
7-8 L toe behind R heel, Turn ¼ left (weight on left)

[17 – 24] Jazzbox, Cross, Side, Behind, Chasse

1-2 Cross R over L, Step back on L,
3-4 Step R to R side, Cross L over R
5-6 Step R to R side, Step L behind R
7&8 Step R to R side, Step L next to R, Step R to R side

[25 – 32] Jazzbox, Cross, Grapevine, Touch

1-2 Cross L over R, Step back on R
3-4 Step L to L side, Cross R over L
5-6 Step L to L side, Step Right behind L * NOTE see below (change steps)
7-8 Step L to L side, Touch R next to L

B Part – 32 counts

[1 – 8] Chasse ¼ turn, ½ turn shuffle, Coaster step, Walk forward

1&2 Step R to R side, Step L next to R, Turn ¼ right step R forward
3&4 Turn ¼ right step L to L, Step R next to L, Turn ¼ right step back on L
5&6 Step back on R, Step L next to R, Step forward on R
7-8 Step left forward, step right forward

[9 – 16] Rockstep, Shuffle back, Rockstep, Forward, ¼ turn

1-2 Rock forward on left, recover back on right
3&4 Step back on left, step right next to left step back on left
5-6 Rock back on R, recover on L
7-8 Step forward on R, ¼ turn left (weight on L)

[17 – 24] Cross, Back, ½ shuffle, Forward, ½ turn, Shuffle forward

1-2 Cross R over L, Step back on L
3&4 Turn ½ right step forward on R, Step L next to R, Step forward on R
5-6 Step forward on L, Turn ½ right (weight on R)
7&8 Step forward on L, Step R next to L, Step forward on L

[25 – 32] Forward, ¼ turn x4

1-4 Step forward on R, Turn $\frac{1}{4}$ left step on L, Step forward on R, Turn $\frac{1}{4}$ left step on L
5-8 Step forward on R, Turn $\frac{1}{4}$ left step on L, Step forward on R, Turn $\frac{1}{4}$ left step on L

Have Fun On The Floor!!!

*** NOTE: Do the first 28 counts of dance (up to jazzbox, cross). Then change the last steps to:**

5&6& Step L to L side, Step R behind L, Step L to L side, Cross R over L

7&8& Step L to L side, Step R behind L, Step L to L side, Hitch R beside L
