

Rolling

拍數: 32 牆數: 2 級數: Beginner
編舞者: Jo Rosenblatt (AUS) - September 2012
音樂: Rolling in the Deep - Adele



START: Feet together, weight on left, Start on "There's..."

Side, Together, Side, Together, Side Shuffle, Cross Rock, Recover

1-4 Step R to right, Step L beside right, Step R to right, Step L beside right
(Do some Right Shoulder Rolls as you are stepping to the right.)
5&6 Step R to right, Step L beside right, Step R to right
7 8 Rock L across right, Recover back onto R

Side, Across, Side, Behind, ¼ Shuffle, Fwd Rock, Recover

1-4 Step L to left, Step R over left, Step L to left, Step R behind left
5&6 Turning ¼ left Shuffle forward LRL
7 8 Rock forward onto R, Recover onto L

Back, Tap, Back Lock Back, Back Rock, Recover, Walk, Walk

1 2 Step back R, Touch L beside right
3&4 Step back on L, Cross R over L, Step back on L
5 6 Rock back on R, Recover forward onto L
7 8 Walk forward R L (with a bit of attitude)

Side Rock, Cross Shuffle, Hip, Hip, ¼ turn, Touch

1 2 Rock R to right side, Recover back onto L
3&4 Cross Shuffle R over left RLR
5-6 Sway L hip to left, Sway R hip to right
7-8 Making ¼ turn step L to left, Touch R beside left

Start Dance Again

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