Rolling In The Deep (zh)

Count: 64 **Wall:** 2 **Level:** Intermediate
Choreographer: Maggie Gallagher (UK) - 2011年01月
Music: Rolling in the Deep - Adele

前奏： Intro: 8 counts (6 secs) 8拍(約6秒)後起跳

第一段 Touch & Heel & Cross & Heel & Kick & Touch, Bump Forward, Bump Back

1&2 Touch left next to right, Step back on left, Tap right heel forward on right diagonal 左足併點, 左足後踏, 右足踵右斜角前點

&3&4 Step right next to left, Cross left over right, Step back on right, Tap left heel forward on left diagonal [11:00]
右足併踏, 左足於右足前交叉踏, 右足後踏, 左足踵左斜角前點(11點鐘)

&5&6 Step left next to right, Kick right forward, Step right next to left, Touch left in front of right [11:00]
左足併踏, 右足前踢, 右足井踏, 左足併點(面向11點鐘)

7-8 Bump forward on to left knee, Bump back on to right [11:00]
左膝前推, 右膝後推(面向11點鐘)

第二段 Coaster Step, Step Hitch Turn, Walk L, Walk R, Lock Step

1&2 Step back on left, Step right next to left, Step forward on left [11:00]
左足後踏, 右足併踏, 左足前踏(面向11點鐘)

3&4 Step forward on right, Ronde hitch left knee across right, On ball of right spin 5/8 turn right [6:00]
右足前踏, 左膝於右足前抬, 重心在右足右轉半圈又45度(面向6點鐘)

5-6 Walk left, Walk right 左足前走, 右足前走

7&8 Step forward on left, Lock right behind left, Step forward on left
左足前踏, 右足於左足後鎖踏, 左足前踏

第三段 Step Pivot ½ , Walk, Triple Full Turn, Stomp R, Forward Mambo Step

1-3 Step forward on right, ½ pivot left, Walk forward on right [12:00]
右足前踏, 左軸轉180度, 右足前走(面向12點鐘)

4&5 Triple full turn right stepping left right left travelling forwards (alternative left shuffle) [12:00]
三步右轉圈-左, 右, 左(向前移動, 簡易版-前交換)

6 Stomp forward on right 右足前重踏

7&8 Step forward on left, Step right in place, Step slightly back on left
左足前踏, 右足踏, 左足略後踏

第四段 Point & Point, L Sailor ¼ Turn, Samba Step X2

1&2 Point right to right side, Step right next to left, Point left to left side 右足右點, 右足併踏, 左足左點

3&4 ¼ turn left crossing left behind right, Step right to right side, Step left to left side [9:00]
左轉90度左足於右足後交叉踏, 右足右踏, 左足左踏(面向9點鐘)

5&6 Cross right over left, Rock left to left side, Recover on right
右足於左足前交叉踏, 左足左下沉, 右足回復

7&8 Cross left over right, Rock right to right side, Recover on left
左足於右足前交叉踏, 右足右下沉, 左足回復

第五段 Rock Recover, Triple Full Turn, Rock Recover, Full Turn Left

1-2 Rock forward on right, Recover on left 右足前下沉, 左足回復

3&4 Full triple turn right stepping right left right (alternative right coaster step) [9:00] 三步右轉圈-右, 左, 右(簡易版:海岸步)(9點鐘)

5-6 Rock forward on left, Recover on right 左足前下沉, 右足回復

7-8 ½ turn left stepping forward on left, ½ turn left stepping back on right [9:00] 左轉180度左足前踏, 左轉180度右足後踏(面向9點鐘)

第六段 Coaster Step, Walk R, L, Step ½ Turn Step, & Walk R, L

1&2 Step back on left, Step right next to left, Step forward on left
左足後踏, 右足併踏, 左足前踏

3-4 Walk right, Walk left 右足前走, 左足前走

5&6 Step forward on right, ½ turn left stepping on left, Step forward on right [3:00] 右足前踏, 左轉180度左足踏, 右足前踏(面向3點鐘)

&7-8 Step left next to right, Walk right, Walk left
左足併踏, 右足前走, 左足前走

第七段 Point Hitch Cross, Point Hitch Cross, Rock Recover, Behind Side Cross

1&2 Point right to right side, Hitch right knee over left, Cross right over left 右足右點, 右膝於左足前抬, 右足於左足前交叉踏

3&4 Point left to left side, Hitch left knee over right, Cross left over right 左足左點, 左膝於右足前抬, 左足於右足前交叉踏

5-6 Rock right to right side, Recover on left 右足右下沉, 左足回復

7&8 Cross right behind left, Step left to left side, Cross right over left
右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏

第八段 Rock Recover, Sailor ¼ Turn, Rocking Chair & Cross & Heel &

1-2 Rock left to left side, Recover on right 左足左下沉, 右足回復

3&4 Cross left behind right, ¼ turn right stepping forward on right, Step forward on left [6:00]
左足於右足後交叉踏, 右轉90度右足前踏, 左足前踏(面向6點鐘)

5&6& Rock forward on right, Recover on left, Rock back on right, Recover on left, 右足前下沉, 左足回復, 右足後下沉, 左足回復

7&8& Cross right over left, Step back on left, Tap right heel forward, Step right next to left
右足於左足前交叉踏, 左足後踏, 右足踵前點, 右足併踏
