

Rolling in the Deep

Count: 32

Wall: 2

Level: Improver

Choreographer: Jessica Hume (USA) & John Hume (USA) - 18 May 2024

Music: Rolling in the Deep - Adele



#40 count intro, start AFTER the first verse, when the hard bass beat begins

No Tags, No Restarts

S1: 4x Knee Pops, Out-Out-In-Cross, Full Untwist, Stomp

- 1,2,3,4 Knee pops forward, stepping R-L-R-L
- &5&6 Stepping out to the sides "out-out" (R-L), step R back to center, cross L over R (even weight)
- 7,8 Full turn untwist over R shoulder, ending up facing 12:00 (front) stomping L foot

S2: 2x Hip Bumps, 2x Half Pivot Turns

- 1&2 Step R to R side while bumping hips R-L-R
- 3&4 Step L to L side, while bumping hips L-R-L
- 5,6,7,8 Step forward on R for half pivot turn over L shoulder (facing 6:00), repeat to face front again

S3: ½ Weave, Side Triple, ½ Weave, Dramatic Hand Up/Down

- 1,2 Step R to R side, cross L behind R
- 3&4 Continue momentum to R side with side triple R-L-R
- 5,6 Continue to R side crossing L over R & planting R to R side (stopping momentum)
- 7,8 Raise right arm dramatically straight up like you're grabbing a ball out of the air, snap arm back into place

S4: Lock Step, Triple Step, Pivot ½ Turn, Push Full Turn

- 1,2 Step-Lock to front diagonal L-R (10:00)
- 3&4 Triple step forward still on 10:00 diagonal L-R-L
- 5,6 Pivot turn to the back over left shoulder stepping forward on diagonal R (10:00), then stepping forward on L to 6:00
- 7,8 Continuing from 6:00, make a full turn over left shoulder stepping R-L, end facing 6:00 with weight still on L ready to start the dance again!

This dance was designed with places for people to add style, sass, and make it their own!

Submitted by Jessica Hume & John Hume – jjhume@pm.me

Last Update - 16 Mar 2025