

Rolling in the Deep

拍数: 32 墙数: 4 级数: Improver
编舞者: Karolina Ullénstäv (SWE) - September 2020
音乐: Rolling in the Deep - Adele : (3:44)



Tag after wall 2 and 5

Tag: 2 counts (RF heel tap x 2)

Restart in wall 3 and 6 after 30 counts

Intro 8 counts (start dancing when Adele starts to sing), BPM 105

Section 1: Step turn ½ left x 2, kick ball change with points to the side x 2

- 1 RF step forward (facing 12.00)
- 2 Turn ½ left on ball of RF (facing 06.00)
- 3 RF step forward
- 4 Turn ½ left on ball of RF (facing 12.00)
- 5 RF kick forward
- & RF step in place beside LF
- 6 LF point left to the side
- 7 LF kick forward
- & LF step in place beside RF
- 8 RF point right to the side

Section 2: Paddle turn ¼ x 2 ending with a jazz box

- 1 RF step forward
- 2 Paddle turn ¼ left on ball of RF (facing 09.00)
- 3 RF step forward
- 4 Paddle turn ¼ left on ball of RF (facing 06.00)
- 5 RF cross over LF
- 6 LF step slightly back
- 7 RF step right
- 8 LF step slightly forward

Section 3: Syncopated grapevine left and right with a kick

- 1 RF cross step over LF
- 2 LF step left
- 3 RF rock step back behind LF
- & RF recover onto LF (weight on LF)
- 4 RF kick diagonally forward right
- & RF step beside LF
- 5 LF cross step over RF
- 6 RF step right
- 7 LF rock step back behind RF
- & LF recover onto RF (weight on RF)
- 8 LF kick diagonally forward left
- & LF step beside RF

Section 4: Steps forward with points diagonally forward ending with a monterey with a ¼ turn right

- 1 RF step forward
- 2 LF point diagonally forward left
- 3 LF step forward
- 4 RF point diagonally forward right
- 5 RF point right to the side

- 6 Turn ¼ right on ball of LF and step RF beside LF ending with weight on RF (facing 09.00)
- 7 LF point left to the side
- 8 LF step beside RF

Enjoy the great rhythm in this song by the lovely Adele!
