

Rolling In The Deep

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Kaz Smetham - June 2011
音乐: Rolling in the Deep - Adele : (Album: 21)



(Intro: 8 counts)

FORWARD, FORWARD, SIDE-ROCK-FORWARD, FORWARD, FORWARD, SIDE-ROCK-FORWARD

1,2 Step R forward, step L forward,
3&4 Step R to the side, side rock onto left, step R forward,
5,6 Step L forward, step R forward,
7&8 Step L to the side, side rock onto right, step L forward. (12:00)

FORWARD, BACK, ½ SHUFFLE FORWARD, FORWARD, BACK, COASTER STEP

1,2 Step R forward, rock back onto left,
3&4 Turning 180 degrees right shuffle forward: R-L-R,
5,6 Step L forward, rock back onto right,
7&8 Coaster: step L back, step R together, step L forward. (6:00)

SIDE-ROCK-ACROSS, SIDE-ROCK-ACROSS, FORWARD, BACK, ½ SHUFFLE FORWARD

1&2 Step R to the side, side rock onto left, step R across in front of left,
3&4 Step L to the side, side rock onto right, step L across in front of right,
5,6 Step R forward, rock back onto left,
7&8 Turn 180 degrees right shuffle forward: R-L-R. (12:00)

ACROSS, TOUCH, ACROSS, TOUCH, ¼ TURN JAZZ BOX

1,2 Step L across in front of right, touch R toe to the side,
3,4 Step R across in front of left, touch L toe to the side,
5,6 Step L across in front of right, turn 90 degrees left step R back,
7,8 Step L to the side, touch R together. (9:00)

VAUDEVILLE, VAUDEVILLE, FORWARD, BACK, ½ SHUFFLE

1&2& Step R across in front of left, step L to the side, touch R heel forward, step R together,
3&4& Step L across in front of right, step R to the side, touch L heel forward, step L together,
5,6 Step R forward, rock back onto left,
7&8 Turn 180 degrees right shuffle forward: R-L-R. (3:00)

FORWARD, FORWARD, QUICK-PIVOT TURN, FORWARD, FORWARD, QUICK-PADDLE TURN, TOUCH

1,2 Step L forward, step R forward,
3&4 Pivot: step L forward, turn 180 degrees right, take weight onto right, step L forward,
5,6 Step R forward, step L forward,
7&8 Paddle: step R forward, turn 90 degrees left, take weight onto left, touch R together. (6:00)

SAMBA CROSS, SAMBA CROSS, FORWARD, BACK, FULL TURN TRIPLE STEP

1&2 Samba: step R across in front of left, step L to the side, step R to the side,
3&4 Samba: step L across in front of right, step R to the side, step L to the side,
5,6 Step R forward, rock back onto left,
7&8 Turning 360 degrees right triple step: R-L-R. (6:00)

SAMBA CROSS, SAMBA CROSS, FORWARD, BACK, FULL TURN TRIPLE STEP

1&2 Samba: step L across in front of right, step R to the side, step L to the side,
3&4 Samba: step R across in front of left, step L to the side, step R to the side,

5,6 Step L forward, rock back onto right,
7&8 Turning 360 degrees left triple step: L-R-L. (6:00)

[64] REPEAT
