

Had it All

拍數: 32 牆數: 4 級數: Improver
編舞者: Maria Maag (DK) & Jannie Tofte Stoian (DK) - May 2011
音樂: Rolling in the Deep - Adele



Intro: 8 count intro (app. 6 sec. into track)

Note: This is a floor-split to Maggie G's intermediate dance 'Rolling in the Deep'

[1-8] Side rock, Vaudeville, Ball rock step, Coaster step

1-2 Rock R to R side, recover onto L 12:00
3&4 Cross R over L, step L to L side and slightly back, tap R heel fw on R diagonal 12:00
&5-6 Step R next to L, rock L fw, recover onto R 12:00
7&8 Step L back, step R next to L, step L fw 12:00

[9-16] Rock step, Shuffle ½ R, ¼ R, Cross Shuffle

1-2 Rock R fw, recover onto L 12:00
3&4 Turn ¼ R stepping R to R side, step L next to R, turn ¼ R stepping R fw 06:00
5-6 Step L fw, turn ¼ R stepping down on R 09:00
7&8 Cross L over R, step R to R side, cross L over R 09:00

[17-24] Side rock, Back rock, Side ¼ L, Cross point

1-2 Rock R to R side, recover onto L 09:00
3-4 Rock R back, recover onto L 09:00
5-6 Step R to R side, turn ¼ L stepping L to L side 06:00
7-8 Cross R over L, point L to L side 06:00

[25-32] Cross point, Side switches, ¼ Monterey R, R chassé

1-2 Cross L over R, point R to R side 06:00
&3 Step R next to L, point L to L side 06:00
&4 Step L next to R, point R to R side 06:00
5-7 Turn ¼ R stepping R next to L, point L to L side, step L next to R 09:00
8& (1) Step R to R side, step L next to R, (step R to R side – this is the start of the side rock)
 09:00

Good luck & enjoy!

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