

Rolling In The Deep

32 count, 4 wall, intermediate level

Choreographer: Steve Lustgraaf, December 2010

Choreographed to: "Rolling In The Deep" by Adele

Start dance on vocals, 8 counts in. It's a quick start, be ready!

Section 1 Step, 1/2 Turn, Step Back, Coaster Step, 1/2 Turn, Step Back x2, Coaster Step

1-2 Step forward R, turn 1/2 turn right and step back on L (now facing 6 o'clock)

3&4 Step back R, together L, forward R

5-6 Turn 1/2 turn right and step back L, step back R (12 o'clock)

7&8 Step back L, together R, step forward L

Section 2 Touch, Step x2, 1/4 Turn Side Touch, Cross, Side Rock Cross

1-2 Touch R forward, Step forward R

3-4 Touch L forward, Step forward L

5-6 1/4 turn left and point R to side, Cross R over L (9 o'clock)

7&8 Step side L, Step R in place, Cross L over R

Section 3 Side, Replace, Cross & Turn, Forward Coaster Step, Step Back, Touch Back

1-2 Step side R, replace L

3&4 Cross R over L, Step slightly back L, turn 1/2 right and step R forward. (3 o'clock)

5&6 Step L forward, Step R next to L, step back L

7-8 Step back R, touch L back

Section 4 1/2 Turn, Point Cross x2, Step Back, 1/2 Turn, Step Lock

1 Turn 1/2 turn left and Step L (9 o'clock)

2-3 Point R to right side, Cross R over L

4-5 Point L to left side, Cross L over R

6-7 Step back R, turn 1/2 left, Step forward L (3 o'clock)

8& Step forward R, Step L behind R (The count of 1 completes your step-lock-step)

Start again

Quelle:

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