

Rolling In The Deep

Count: 64 Wall: 2 Level: Intermediate

Choreographer: Maggie Gallagher (Jan 2011)

Music: Rolling in the Deep by Adele

Intro: 8 counts (6 secs)

S1: TOUCH & HEEL & CROSS & HEEL & KICK & TOUCH, BUMP FORWARD, BUMP BACK

- 1&2 Touch left next to right, Step back on left, Tap right heel forward on right diagonal
Step right next to left, Cross left over right, Step back on right, Tap left heel forward on
&3&4 left diagonal [11:00]
&5&6 Step left next to right, Kick right forward, Step right next to left, Touch left in front of
right [11:00]
Bump forward on to
7-8 left knee, Bump back
on to right [11:00]

S2: COASTER STEP, STEP HITCH TURN, WALK L, WALK R, LOCK STEP

- 1&2 Step back on left, Step right
next to left, Step forward on
left [11:00]
3&4 Step forward on right, Ronde hitch left knee across right, On ball of right spin 5/8 turn
right [6:00]
5-6 Walk left, Walk right
7&8 Step forward on left, Lock right behind left, Step forward on left

S3: STEP PIVOT ½ , WALK, TRIPLE FULL TURN, STOMP R, FORWARD MAMBO STEP

- 1-2-3 Step forward on right, ½ pivot left, Walk forward on right [12:00]
4&5 Triple full turn right stepping left right left travelling forwards (alternative left shuffle)
[12:00]
6 Stomp forward on right
7&8 Step forward on left, Step right in place, Step slightly back on left

S4: POINT & POINT, L SAILOR ¼ TURN, SAMBA STEP x 2

- 1&2 Point right to right side, Step right next to left, Point left to left side
3&4 ¼ turn left crossing left behind right, Step right to right side, Step left to left side [9:00]
Cross right over left,
5&6 Rock left to left side,
Recover on right
7&8 Cross left over right, Rock right to right side, Recover on left

S5: ROCK RECOVER, TRIPLE FULL TURN, ROCK RECOVER, FULL TURN LEFT

- 1-2 Rock forward on right, Recover on left
3&4 Full triple turn right stepping right left right (alternative right coaster step) [9:00]

- 5-6 Rock forward on left, Recover on right
7-8 ½ turn left stepping forward on left, ½ turn left stepping back on right [9:00]

S6: COASTER STEP, WALK R, L, STEP ½ TURN STEP, & WALK R, L

- 1&2 Step back on left, Step right next to left, Step forward on left
3-4 Walk right, Walk left
5&6 Step forward on right, ½ turn left stepping on left, Step forward on right [3:00]
&7-8 Step left next to right, Walk right, Walk left

S7: POINT HITCH CROSS, POINT HITCH CROSS, ROCK RECOVER, BEHIND SIDE CROSS

- 1&2 Point right to right side, Hitch right knee over left, Cross right over left
3&4 Point left to left side, Hitch left knee over right, Cross left over right
5-6 Rock right to right side, Recover on left
7&8 Cross right behind left, Step left to left side, Cross right over left

S8: ROCK RECOVER, SAILOR ¼ TURN, ROCKING CHAIR & CROSS & HEEL &

- Rock left to left
1-2 side, Recover on
right
3&4 Cross left behind right, ¼ turn right stepping forward on right, Step forward on left
[6:00]
Rock forward on right,
5&6& Recover on left, Rock back
on right, Recover on left,
7&8& Cross right over left, Step back on left, Tap right heel forward, Step right next to left