

# Rolling In The Deep

**COPPER KNOB**  
STEPSHEETS

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Maggie Gallagher (Jan 11)

Music: Rolling In The Deep by Adele



前奏: Intro: 8 counts (6 secs) 8拍(約6秒)後起跳

## 第一段 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 左足併點, 左足後踏, 右足踵右斜角前點
- 3&3&4 Step right next to left, Cross left over right, Step back on right, Tap left heel forward on left diagonal **[11:00]**  
右足併踏, 左足於右足前交叉踏, 右足後踏, 左足踵左斜角前點(11點鐘)
- 5&5&6 Step left next to right, Kick right forward, Step right next to left, Touch left in front of right **[11:00]**  
左足併踏, 右足前踢, 右足併踏, 左足併點(面向11點鐘)
- 7-8 Bump forward on to left knee, Bump back on to right **[11:00]**  
左膝前推, 右膝後推(面向11點鐘)

## 第二段 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]**  
左足後踏, 右足併踏, 左足前踏(面向11點鐘)
- 3&4 Step forward on right, Ronde hitch left knee across right, On ball of right spin 5/8 turn right **[6:00]**  
右足前踏, 左膝於右足前抬, 重心在右足右轉半圈又45度(面向6點鐘)
- 5-6 Walk left, Walk right 左足前走, 右足前走
- 7&8 Step forward on left, Lock right behind left, Step forward on left  
左足前踏, 右足於左足後鎖踏, 左足前踏

## 第三段 Step Pivot ½, Walk, Triple Full Turn, Stomp R, Forward Mambo Step

- 1-3 Step forward on right, ½ pivot left, Walk forward on right **[12:00]**  
右足前踏, 左軸轉180度, 右足前走(面向12點鐘)
- 4&5 Triple full turn right stepping left right left travelling forwards (alternative left shuffle) **[12:00]**  
三步右轉圈-左, 右, 左(向前移動, 簡易版-前交換)
- 6 Stomp forward on right 右足前重踏
- 7&8 Step forward on left, Step right in place, Step slightly back on left  
左足前踏, 右足踏, 左足略後踏

## 第四段 Point & Point, L Sailor ¼ Turn, Samba Step X2

- 1&2 Point right to right side, Step right next to left, Point left to left side 右足右點, 右足併踏, 左足左點
- 3&4 ¼ turn left crossing left behind right, Step right to right side, Step left to left side **[9:00]**  
左轉90度左足於右足後交叉踏, 右足右踏, 左足左踏(面向9點鐘)
- 5&6 Cross right over left, Rock left to left side, Recover on right  
右足於左足前交叉踏, 左足左下沉, 右足回復
- 7&8 Cross left over right, Rock right to right side, Recover on left  
左足於右足前交叉踏, 右足右下沉, 左足回復

## 第五段 Rock Recover, Triple Full Turn, Rock Recover, Full Turn Left

- 1-2 Rock forward on right, Recover on left 右足前下沉, 左足回復
- 3&4 Full triple turn right stepping right left right (alternative right coaster step) **[9:00]** 三步右轉圈-右, 左, 右(簡易版:海岸步)(9點鐘)
- 5-6 Rock forward on left, Recover on right 左足前下沉, 右足回復
- 7-8 ½ turn left stepping forward on left, ½ turn left stepping back on right **[9:00]** 左轉180度左足前踏, 左轉180度右足後踏(面向9點鐘)

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| 第六段  | <b>Coaster Step, Walk R, L, Step ½ Turn Step, &amp; Walk R, L</b>  |
| 1&2  | Step back on left, Step right next to left, Step forward on left<br>左足後踏, 右足併踏, 左足前踏   |
| 3-4  | Walk right, Walk left 右足前走, 左足前走   |
| 5&6  | Step forward on right, ½ turn left stepping on left, Step forward on right <b>[3:00]</b> 右足前踏, 左轉180度左足踏, 右足前踏(面向3點鐘)                    |
| &7-8 | Step left next to right, Walk right, Walk left<br>左足併踏, 右足前走, 左足前走   |
| 第七段  | <b>Point Hitch Cross, Point Hitch Cross, Rock Recover, Behind Side Cross</b>   |
| 1&2  | Point right to right side, Hitch right knee over left, Cross right over left 右足右點, 右膝於左足前抬, 右足於左足前交叉踏                                    |
| 3&4  | Point left to left side, Hitch left knee over right, Cross left over right 左足左點, 左膝於右足前抬, 左足於右足前交叉踏                                      |
| 5-6  | Rock right to right side, Recover on left 右足右下沉, 左足回復  |
| 7&8  | Cross right behind left, Step left to left side, Cross right over left<br>右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏                                     |
| 第八段  | <b>Rock Recover, Sailor ¼ Turn, Rocking Chair &amp; Cross &amp; Heel &amp;</b>   |
| 1-2  | Rock left to left side, Recover on right 左足左下沉, 右足回復   |
| 3&4  | Cross left behind right, ¼ turn right stepping forward on right, Step forward on left <b>[6:00]</b><br>左足於右足後交叉踏, 右轉90度右足前踏, 左足前踏(面向6點鐘) |
| 5&6& | Rock forward on right, Recover on left, Rock back on right, Recover on left, 右足前下沉, 左足回復, 右足後下沉, 左足回復                                    |
| 7&8& | Cross right over left, Step back on left, Tap right heel forward, Step right next to left<br>右足於左足前交叉踏, 左足後踏, 右足踵前點, 右足併踏                |

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