

Rolling In The Deep IV

Choreographers:

Don & Phyllis Brown
 4712 N 25 W
 Greenfield IN 46140
 Tel: 317-326-3715
 E-mail: dbrown@hrtc.net

Music: Rolling In The Deep by Adele
Footwork: Directions for man, woman opposite except where indicated
Rhythm: Cha Cha/Foxtrot
Phase: IV **Difficulty:** Average
Release Date: June 2013
Time & Speed: 3:48 or as downloaded
Sequence: Intro - A - A - B - C - A - B - C - C - A - D - C - C - End

Introduction

1 - 2	Wait;;	BFLY Wall wait 2 measures;;
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Part A

1 - 2	Basic;;	Fwd L, rec R, sd L/cl R, sd L; Bk R, rec L, sd R/cl L, sd R;
3 - 4	New yorker twice;;	Stp thru L to RLOD w/ straight leg trng to a sd by sd pos, rec R to fc ptr, sd L/cl R, sd L; Stp thru R to LOD w/ straight leg trng to a sd by sd pos, rec L to fc ptr, sd R/cl L, sd R;
5 - 6	Shoulder to shoulder twice;;	In BFLY fwd L to Bfly/Scar, rec R, sd L/cl R, sd L; In BFLY fwd R to Bfly/Bjo, rec L, sd R/cl L, sd R;
7	Reverse underarm turn;	Raising jnd ld hnds XLIF of R, rec bk R, sd L/cl R, sd L (W XRIF of L under jnd ld hands turning 1/2 LF, rec L continuing LF to fc partner, sd R/cl L, sd R);
8	Underarm turn;	Raising jnd ld hnds trn body slightly RF & XRIB, rec L, sd R/cl L, sd R (W XLIF of R under jnd ld hands turning 1/2 RF, rec R continuing RF to fc partner, sd L/cl R, sd L);

Repeat Part A

Part B

1 - 4	Chase w/ forward triple chas;;;	Fwd L trng 1/2 RF to COH (W bk R, w/ no trn), rec fwd R, fwd L/lk Rib of L, fwd L; fwd R/lk Lib of R, fwd R, fwd L/lk Rib of L, fwd L; Fwd R trng 1/2 LF to WALL (W fwd L trng 1/2 RF to WALL), rec fwd L, fwd R/lk Lib of R, fwd R; fwd L/lk Rib of L, fwd L, fwd R/lk Lib of R, fwd R;
5 - 6	Finish w/chase turn to underarm pass;;	Fwd L trng 1/2 RF (W fwd R trng 1/2 LF), hld ld hnds down to sd continue RF trn rec R fwd fc CENTER, fwd L/cl R, fwd L tandem CENTER; Rk bk R raising ld hnds leading W under the arm, rec L trng W LF, sd R/cl L, sd R (W fwd L, fwd R trng sharply 1/2 LF undr jnd hnds, sd L/cl R, sd L) BFLY CENTER;
7	1 shoulder to shoulder;	In BFLY fwd L to Bfly/Scar, rec R, sd L/cl R, sd L;
8	Whip;	Bk R trng 1/4 LF, rec fwd L trng 1/4 LF fc WALL, sd R/cl L, sd R (W fwd L, fwd R trng 1/2 LF, sd L/cl R, sd L);

Part C

1 - 2	Break to open w/forward triple chas;;	XLIB of R (W XRIB of L), rec R/OP LOD, fwd L/lk Rib of L, fwd L; fwd R/lk Lib of R, fwd R, fwd L/lk Rib of L, fwd L;
3 - 4	Aida w/back triple chas;;	Step thru XRIF of L (W XLIF of R), sd L stg RF turn, bk R/lk Lif of R, bk R; bk L/lk Rif of L, bk L, bk R/lk Lif of R, bk R;
5 - 6	Switch to crab walks;;	Trng LF to fc ptr sd L ckg bringing jnd hnds thru, rec R, XLif of R/sd R, XLif of R; sd R, cross Lif of R, sd R/cl L, sd R;
7	Spot turn;	Xlif of R trng on crossing foot 1/2, rec R complete trn to fc ptr, sd L/cl R sd L;
8	Fence Line;	Cross lun thru R w/bent knee looking R, rec L trng to fc ptr, sd R/cl L, sd R;

Repeat Part A

Repeat Part B

Repeat Part C

Repeat Part C

Repeat Part A (1 - 7)

8	Underarm turn to pickup;	Raising jnd ld hnds trn body slightly RF & XRIB, rec L, sd R/cl L, sd R fc LOD (W XLIF of R under jnd ld hands turning 1/2 RF, rec R continuing RF to fc partner, XLIF/sip, sip fc REV);
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Part D (FOXTROT)

1 - 4	Diamond turn;;;	Fwd L trn 1/4 LF, sd R, XLIB to BJO-DRC; Bk R trn 1/4 LF, sd L, XRIF to BJO-DRW; Fwd L trn 1/4 LF, sd R, XLIB to BJO-DLW; Bk R trn 1/4 LF, sd L, XRIF to CP-DLC;
5 - 6	2 left turns;;	Fwd L trng up to 1/4 LF, stp sd on R diag acrs LOD trng up to 1/4 LF, cl L; Bk R trng up to 1/4 LF, stp sd on L twds LOD trng up to 1/4 LF to face wall, cl R;
7	Twirl vine 3;	Raising L hnd sd L, Xrib, sd L (W sd & fwd R trng 1/2 RF under jnd hnds, sd & bk L trng 1/2 RF, sd R);
8	Through face & close;	Fwd R between ptrs, trng RF to fc ptr sd L, cl R to L CP WALL;

Repeat Part C

Repeat Part C

End

1	Step apart & point;	Apt L, pt R twds ptr, -;
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