

IN THE DEEP

SONG: ROLLING IN THE DEEP
ARTIST: ADELE
ALBUM: 21
CHOREOGRAPHER: MICHAEL VERA –LOBOS JUNE 2011
ORIGINAL POSITION: FEET SLIGHTLY APART WEIGHT ON LEFT

BEATS: STEPS: TWO WALL INTERMEDIATE DANCE 0:001

- 1 – 8**
1&2&3,4 **CROSS & HEEL & ROCK CORNER, REPLACE, COASTER BACK, FULL TRIPLE FWD R**
Cross R over L & Step L to L, Touch R heel 45 deg R & Stepping on R Cross Rock L over R into R corner,
Rock back on R (1:00)
5&6,7&8 Step back on L & Step R beside L, Step fwd on L, Full Triple Spin Fwd R Stepping R,L,R (1:00)
- 9 – 16**
1,2,3,4& **STEP FWD, PIVOT, L DOROTHY, R DOROTHY & ROCK FWD, ROCK BACK**
Step fwd L , Pivot ½ R, Step fwd L (7:00), Lock R behind L & Step Fwd Diagonal L
5,6&7,8 Step fwd Diagonal R , Lock L behind R & Step fwd Diagonal R, Rock fwd L, Rock back on R drag L (7:00)
- 17 – 24**
1&2,3&4 **SAILOR BACK L, BEHIND & ¼ L, ¼ L, SAILOR BACK L, BEHIND & ¼ L, 3/8 L**
Travel Back – Cross L behind R & Rock R to R, Replace wt on L, Cross R behind L & Turn ¼ L on L, Turn a
further ¼ L ending with R to R side (1:00)
5&6,7&8 Travel Back – Cross L behind R & Rock R to R, Replace wt on L, Cross R behind L & Turn ¼ L on L, Turn a
further 3/8 L Stepping back on R (6:00)
- 25 – 32**
1,2,3,4 **ROCK BACK, REPLACE, FULL SPIN FWD R, ROCK FWD, REPLACE, BACK & ½ R, STEP FWD**
Rock back on L, Rock fwd on R, Full Spin fwd R Stepping L then R (6:00)
5,6,7&8 Rock fwd L, Rock back on R, Step back on L & Turn ½ R on R , Step fwd on L (12:00)
- 33 – 40**
1,2,3&4 **WALK FWD, STEP SIDE, BEHIND & SIDE, CROSS, SIDE ROCK, ¼ R, FULL SPIN FWD R**
Walk fwd R, Step L to L side, Cross R behind L & Step L to L, Cross R over L (12:00)
5,6,7,8 Side Rock L to L, Turning ¼ R Rock wt onto R, Travel fwd – Full Spin fwd R Stepping L then R (3:00)
- 41 – 48**
1,2&3&4 **ROCK FWD, REPLACE & HEEL & STEP, ROCK FWD, REPLACE, 1 ½ TRIPLE BACK R**
Rock fwd L, Rock back on R & Stepping L beside R Touch R heel fwd & Stepping R beside L Step fwd on L
5,6,7&8 Rock fwd R, Rock back on L – Travelling back turn 1 ½ R Stepping R,L,R (9:00)
- 49 – 56**
1,2,3&4 **ROCK FWD, REPLACE, DIAGONAL LOCK SHUFFLE BACK, ¼ R HIP SWAY, REPLACE, FULL**
TRIPLE R ON SPOT
Rock fwd L, Rock back on R, Diagonal Lock Shuffle back on L Stepping L,R,L (9:00)
5,6,7&8 Turning ¼ R Sway R hip to R, Replace wt on L, Full Triple R on the Spot Stepping R,L,R (12:00)
- 57 – 64**
1,2&3,4& **CROSS ROCK, REPLACE & CROSS ROCK, REPLACE & STEP FWD, ½ PIVOT R, FULL TRIPLE**
FWD R
Cross Rock L over R, Rock back on R & Step L to L, Cross Rock R over L, Rock back on L & Step R to R side
5,6,7&8 Step fwd L, ½ Pivot R, Travel fwd – Full Triple Spin fwd R Stepping L,R,L (6:00)
- 65 – 72**
1,2,3&4 **ROCK FWD, REPLACE, ¼ R SIDE ROCK & CROSS, STEP SIDE, ½ HINGE R, ½ HINGE R SIDE**
SHUFFLE
Rock fwd R, Rock Back on L, Turning ¼ R Rock R to R & Replace wt on L, Cross R over L (9:00)
5,6,7&8 Step L to L, Hinge ½ R Ending with R to R wt on R, Turn a further ½ R keeping wt on R Side Shuffle L
Stepping L,R,L (9:00)

73 – 80 **R SAILOR DRAG, BEHIND & ¼ R, STEP FWD, STEP FWD, ½ R, ½ SHUFFLE R**
1&2,3&4 Cross R behind L & Rock L to L, Replace wt on R dragging L towards R, Cross L behind R & Turn ¼ R on R,
Step fwd on L (12:00)

5,6,7&8 Travel fwd – Step fwd R, Turning ½ R Step back on L (6:00), Turning a further ½ R Shuffle R Stepping R,L,R
(12:00)

81 – 88 **ROCK FWD, REPLACE, ¼ L SIDE ROCK & CROSS, STEP SIDE, ½ HINGE L, ½ HINGE L SIDE
SHUFFLE**

1,2,3&4 Rock fwd L, Rock Back on R, Turning ¼ L Rock L to L & Replace wt on R, Cross L over R (9:00)

5,6,7&8 Step R to R, Hinge ½ L Ending with L to L wt on L, Turn a further ½ L keeping wt on L Side Shuffle R
Stepping R,L,R (9:00)

89 – 96 **L SAILOR DRAG, BEHIND & ¼ L, STEP FWD, STEP FWD, ½ L, ½ SHUFFLE L**

1&2,3&4 Cross L behind R & Rock R to R, Replace wt on L dragging R towards L, Cross R behind L & Turn ¼ L on L,
Step fwd on R (6:00)

5,6,7&8 Travel fwd – Step fwd L, Turning ½ L Step back on R (12:00), Turning a further ½ L Shuffle L Stepping L,R,L
(6:00)

96 **START AGAIN FACING BACK WALL**

RESTART: **ON WALL 3 DANCE TO COUNT 64 & START AGAIN FACING BACK WALL**

FINISH: **DANCE WILL END ON COUNT 36 FACING FRONT WALL**

© STRICTLY LINEDANCE: NOEL BRADEY - 0412317589 / MICHAEL VERA-LOBOS - 0401535232

email: strictly@zip.com.au

web: <http://www.zip.com.au/~strictly>