

# 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

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BEATS:                    STEPS:                    TWO WALL INTERMEDIATE DANCE                    0:001

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- 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&  
5,6&7,8                    **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  
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&  
5,6,7&8                    **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  
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**  
1&2,3&4  
**R SAILOR DRAG, BEHIND & ¼ R, STEP FWD, STEP FWD, ½ R, ½ SHUFFLE R**  
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**  
1,2,3&4  
5,6,7&8  
**ROCK FWD, REPLACE, ¼ L SIDE ROCK & CROSS, STEP SIDE, ½ HINGE L, ½ HINGE L SIDE SHUFFLE**  
Rock fwd L, Rock Back on R, Turning ¼ L Rock L to L & Replace wt on R, Cross L over R (9:00)  
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**  
1&2,3&4  
5,6,7&8  
**L SAILOR DRAG, BEHIND & ¼ L, STEP FWD, STEP FWD, ½ L, ½ SHUFFLE L**  
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)  
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**

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