

ROLLING IN THE DEEP



MUSIC: Rolling In The Deep, by ADELE on the album 21 **LEVEL:** Intermediate
CHOREO: Josh "ClogDog" King – Melbourne, Vic, Australia
 Visit www.theclogdog.com for cue sheets & videos!
WAIT: 8 beats – LEFT FOOT LEAD
SEQUENCE: Intro – A – B – C – A – B – C – Bridge – A – B/INTRO* – C – C – End

Beats	Movement	Beats	Movement	Beats	Movement
INTRO (32 beats)		PART A (32 beats)		PART A (32 beats)	
8	Stamp Groove (L)	4	Stagger	4	Stagger
8	Stamp Groove (R)	4	Lucy Brushover	4	Lucy Brushover
8	4 Slow Toe Heels	4	Slur Basic	4	Slur Basic
4	2 Toe Heel Touch	4	Skuff & Stamp (1/2 L)	4	Skuff & Stamp (1/2 L)
4	4 Toe Heels	4	Stagger	4	Stagger
PART A (32 beats)		4	Lucy Brushover	4	Lucy Brushover
4	Stagger	4	Slur Basic	4	Slur Basic
4	Lucy Brushover	4	Skuff & Stamp (1/2 L)	4	Skuff & Stamp (1/2 L)
4	Slur Basic	PART B (32 beats)		PART B/INTRO* (32 beats)	
4	Skuff & Stamp (1/2 L)	8	Jazzy Turn (1/2 L)	8	Jazzy Turn (1/2 L)
4	Stagger	4	2 Rock Heel Pull	4	2 Rock Heel Pull
4	Lucy Brushover	4	Triple	4	Triple
4	Slur Basic	8	Jazzy Turn (1/2 L)	8	Jazzy Turn (1/2 L)
4	Skuff & Stamp (1/2 L)	4	2 Rock Heel Pull	4	2 Rock Heel Pull
PART B (32 beats)		4	Triple	4	Triple
8	Jazzy Turn (1/2 L)	PART C (32 Beats)		PART C (32 Beats)	
4	2 Rock Heel Pull	4	Shave & A Haircut	4	Shave & A Haircut
4	Triple	4	Triple (3/4 R)	4	Triple (3/4 R)
8	Jazzy Turn (1/2 L)	4	Half Time Bomb	4	Half Time Bomb
4	2 Rock Heel Pull	4	Stomp Double (3/4 R)	4	Stomp Double (3/4 R)
4	Triple	4	Shave & A Haircut	4	Shave & A Haircut
PART C (32 Beats)		4	Triple (3/4 R)	4	Triple (3/4 R)
4	Shave & A Haircut	4	Half Time Bomb	4	Half Time Bomb
4	Triple (3/4 R)	4	Stomp Double (3/4 R)	4	Stomp Double (3/4 R)
4	Half Time Bomb	BRIDGE (32 beats)		PART C (32 Beats)	
4	Stomp Double (3/4 R)	8	Clogover Slide (to L)	4	Shave & A Haircut
4	Shave & A Haircut	4	Scoop & Run (1/2 R)	4	Triple (3/4 R)
4	Triple (3/4 R)	4	2 Basics (1/2 R)	4	Half Time Bomb
4	Half Time Bomb	8	Clogover Slide (to R)	4	Stomp Double (3/4 R)
4	Stomp Double (3/4 R)	4	Scoop & Run (1/2 L)	4	Shave & A Haircut
		4	2 Basics (1/2 L)	4	Triple (3/4 R)
				4	Half Time Bomb
				4	Stomp Double (3/4 R)
				END (1 Beat)	
				1	Step (OTS) L foot

NOTE: Part B/INTRO* - Danced simultaneously. Alternate rows with Row 1 dancing "Part B", Row 2 dancing "Intro".

Step Explanations for: 'Rolling In The Deep' - Choreo by: J. King

STAMP GROOVE : (8) [in this dance SNAP on each HEEL]

(P) STA (P) H (P) STA (P) H (P) STA (P) H (P) STEP (CLAP)
 L R L R L R L R
 & 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

TOE HEEL: (1)

T-H
 L L
 & 1

SLOW TOE HEEL: (2) [in this dance SNAP on each HEEL]

(P) T (P) H
 L L
 & 1 & 2

TOE HEEL TOUCH: (2)

T-H(XIF) TCH SL(MVE FWD)
 L-L R L
 & 1 & 2

STAGGER : (4)

DS/H(OTS) (P) T(XIF) (P) H(XIF) R(OTS) S(XIF)
 L/R R R L R
 & 1 & 2 & 3 & 4

LUCY BRUSHOVER: (4)

DS(OTS) BR(XIF) H T-H(XIF) TT(BK) SL
 L R L R R L R
 &1 & 2 & 3 & 4

SLUR BASIC : (4)

DS SLR S(XIB) DS RS
 L R R L RL
 &1 & 2 & 3 & 4

SKUFF AND STAMP : (4)

SK H(1/2L) STA-H DS RS
 R L R L R LR
 & 1 & 2 & 3 & 4

JAZZY TURN : (8)

DS DS(XIF) DS(XIB) DS(OS) DS(XIF) DS(XIB) R H(WGT&OTS) (PVT 1/2R) S(IB)
 L R L R L R L R L
 &1 &2 &3 &4 &5 &6 & 7 & 8

ROCK HEEL PULL: (2)

R H(WGT&OTS) PULL(CLOSE) S(BS)
 L R L L
 & 1 & 2

TRIPLE: (2)

DS DS DS RS
 R L R LR
 &1 &2 &3 &4

SHAVE & A HAIRCUT: (4)

(P) STO DS(XIF) S(BK) (P) S(OTS) S(XIF)
 L R L R L
 & 1 &2 & 3 & 4

HALF TIME BOMB : (4) [IN THIS DANCE STO ARE DONE OTS]

(P) STO(OTS) RS STO(OTS) RS STO(OTS)
 L RL R LR L
 & 1 &2 & 3& 4

STOMP DOUBLE : (4)

(P) STO DS DS RS (CAN BE DR INSTEAD OF (P) AT START)
 R L R LR
 & 1 &2 &3 &4

CLOGOVER SLIDE: (8)

DS(OTS) DS(XIF) DS(OTS) SL S(XIB) DS(OTS) DS(XIF) DS RS
 L R L L R L R L RL
 &1 &2 &3 & 4 &5 &6 &7 &8

SCOOP & RUN : (4) [Kick is done like a Flare]

DT(XIF)H H/K(OTS) BA BA BA S(turn 1/2 R)
 R L L/R R L R L
 & 1 & 2 & 3 & 4

BASIC : (2)

DS RS
 R LR
 &1 &2

STEP: (1)

(P) S
 L
 & 1