

ROLLING IN THE DEEP

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MUSIC MEDIA Song: Rolling In The Deep Artist: Adele Laurie Blue Adkins
SOURCE: CD: "21", Track 1 - also available as a single download from amazon.com
Music Modified: No **BPM/MPM:** 106/26.5 **TIME@BPM:** 3:48 @ 106
FOOTWORK: Opposite unless indicated (Woman's footwork in parentheses)
RHYTHM: Cha Cha **RAL Phase:** 4+2 [Spiral, Challenge chase] **Difficulty Level:** More Challenging
SEQUENCE: INTRO A B C D B C D E A_{MOD} F D E END ****All spins & spirals optional****

MEAS: INTRODUCTION

1-2 SHADOW WALL LEFT FOOT FREE FOR BOTH WAIT; LADY HIP LIFT 2X;

- M 1-2,3,4; W 1-2,3,4;
- 1 **{WAIT}** Shadow both fcg WALL M slightly to left of Lady left foot free for both M with arms crossed in front of chest (Lady with hnds on hips) -,-,-,-;
 - 2 **{LADY HIP LIFT 2X}** M admire Lady,-,-,- (W Press on the ball of the L ft straighten L knee lift L hip, release pressure relax L knee & lower L hip, press on the ball of the L ft straighten L knee lift L hip, release pressure relax L knee & lower L hip);

PART A

1-4 MAN 2 CROSS POINTS LADY TURN TO FACE BFLY; FENCE LINE; TO LOD NEW YORKER W/ ROLL &; 2 CHAS TO RLOD;

- M 1,2,3,4; W 1-2,3,4;
- 1 **{M 2 X PTS LADY TRN TO FC W/ ARMS TO BFLY}** XLif, pt R to sd extend R arm out to RLOD, XRif, pt L to sd extend L arm out to end fcg ptr BFLY WALL (W Sd L turn to fc M, bring palms together in front of body, lift arms up to sky trng palms out, circle arms out around & down to shoulder level to end BFLY COH);
 - 2 **{FNC LINE}** X lunge thru L with bent knee looking to RLOD, rec R turning to face partner, sd L/cl R, sd L to end fcg BFLY WALL (W X lun thru R with bent knee looking to RLOD, rec L trng to face partner, sd R/cl L, sd R end in BFLY COH);
 - 3 **{NY W/ ROLL}** Thru R between ptrs, rec L trng RF to RLOD, roll RF R/L, R joining lead hnds to end fcg LOP RLOD (W Thru L between ptrs, rec R trng LF to RLOD, roll LF L/R, L joining lead hnds to end fcg LOP RLOD);
 - 4 **{2 CHAS TO RLOD}** Fwd L/lk Rib of L, fwd L, fwd R/lk Lib of R, fwd R (W Fwd R/lk Lib of R, fwd R, fwd L/lk Rib of L, fwd L);

5-8 NEW YORKER W/ ROLL; 2 CHAS TO LOD; QUICK NY 2X; SPOT TRN TO HNDSHK;

- 5 **{NY W/ ROLL}** Thru L between ptrs, rec R trng LF to LOD, roll LF L/R, L joining trail hnds to end fcg OP LOD (W Thru R between ptrs, rec L trng RF to LOD, roll RF R/L, R joining trail hnds to end fcg OP LOD);
- 6 **{2 CHAS TO LOD}** Fwd R/lk Lib of R, fwd R, fwd L/lk Rib of L, fwd L (W fwd L/lk Rib of L, fwd L, fwd R/lk Lib of R, fwd R);
- 7 **{QK NY 2X}** Thru R between ptrs/rec L trng to fc ptr, sd R trng fc RLOD, thru L between ptrs/rec R trng fc ptr, sd L BFLY WALL (W Thru L between ptrs/rec R trng fc ptr, sd L trng to RLOD, thru R between ptrs/rec L trng fc ptr, sd R BFLY COH);
- 8 **{SPT TRN TO HNDSHK}** Commence LF trn XRif trn on R foot 1/2, rec L comp LF trn to fc ptr, sd R/cl L, sd R to HNDSHK** WALL (W Commence RF trn XLif trn on L foot 1/2, rec R comp RF trn to fc ptr, sd L/cl R, sd L to HNDSHK** COH); ****2nd time thru end in BFLY**

PART B

1-4 SHADOW NEW YORKER: WHIP WITH REV TWIRL BOTH FC LOD; THRU SPIRAL & CHA; LADY TO FAN;

- 1 **{SHDW NY}** Thru L w/ straight leg to sd by sd pos fcg RLOD, rec R trng to fc ptr & WALL, sd L/cl R, sd L (W Thru R w/ straight leg to sd by sd pos fcg RLOD, rec L trng to fc ptr & COH, sd R/cl L, sd R);
- 2 **{WHP W/ REV TWRL BOTH FC LOD}** Bk R trn 1/4 LF, sd L trn 1/4 LF to fc ptr raising trail hand to twrl W, sd R/cl L, sd & fwd R trng to fc LOD HNDSHK (W Fwd L outside M on his L sd, fwd R trn 1/2 LF, twrl LF undr M's trail hnd sd L/cl R, sd & fwd L to fc LOD HNDSHK);

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- 3 {**THRU SPIRAL & CHA**} Fwd L between ptrs, fwd R & spiral LF drop handshake, fwd L/cl R, fwd L join lead hands LOP LOD (W Fwd R between ptrs, fwd L & spiral RF drop handshake, fwd R/cl L, fwd R join lead hands LOP LOD) ;
- 4 {**FAN**} Fwd R, fwd L lead Lady to trn to fan drop hnds, XRib/sd L w/ slight RF trn, sd R rejoin lead hnds end fcg WALL (W Fwd L, fwd R dropping hnds trn 1/2 LF, bk L/cl R, bk L leaving R fwd w/ no weight rejoin lead hnds end fcg LOP RLOD) ;

5-8.5 **START HOCKEY STICK; TUMMY CHECK BACK TO A FAN: HOCKEY STICK TO LOW BFLY;; HIP ROCK 2,,**

- 5 {**START HKY STK**} Fwd L, rec R, in plc L/R, L (W Cl R, fwd L, fwd R/cl L, fwd R) ;
- 6 {**TUMMY CK BK TO FAN**} Thru R to LOD catching W's stomach w/ M's R hnd, rec L, sd R/ cl L, sd R to FAN pos (W Fwd L ckg extend arms out, rec R, bk L/cl R, bk L to FAN pos) ;
- 7 {**HKY STK TO LOW BFLY**} Fwd L, rec R, in plc L/R, L (W Cl R, fwd L, fwd R/cl L, fwd R) ;
- 8 Bk R, rec L trng Lady LF undr jnd lead hnds, fwd & slightly sd R/cl L, sd R endg WALL low BFLY (W Fwd L, fwd R trng LF undr jnd lead hnds to fc ptr, sd L/cl R, sd L to low BFLY) ;
- 1.2 8.5 {**HIP RK 2**} Sd L (W Sd R) rolling hip sd & bk, sd R (W sd L) rolling hip sd & bk, [1/2 meas]

PART C**1-4** **1/2 BASIC TO FAN;; START HOCKEY STK; LADY'S CHALLENGE CHASE BK TO FAN;**

- 1 {**1/2 BAS**} Fwd L, rec R, sd L/cl R, sd L low BFLY WALL (W Bk R, rec L, sd R/cl L, sd R low BFLY COH) ;
- 2 {**FAN**} Bk R leading Lady to trn LF 1/4, rec L, sd R/cl L, sd R LOP WALL (W Fwd L trng LF 1/4 to fc RLOD, bk R, bk L/lk Rif, bk L leaving R extended fwd w/ no weight LOP RLOD) ;
- 3 {**START HKY STK**} Fwd L, rec R, in plc L/R, L trng slightly LF releasing lead hand hold & place R hand on front of W's R hip (W Cl R to L, fwd L, fwd R/lk Lib of R, fwd R) ;
- 4 {**LADY'S CHALLENGE CHS BK TO FAN**} Lower well in L knee lun fwd R LOD using R hnd on W's R hip to trn her RF, rec L trng slightly RF, small sd R/cl L, sd R rejoining lead hnds bk to FAN pos LOP WALL (W Fwd L RLOD trng 1/2 RF, rec R, fwd L LOD commence 1 1/2 RF roll/small fwd R, fwd L comp 1 1/2 RF trn bk to FAN pos R extended fwd w/ no weight LOP RLOD) ;

5-7.5 **START ALEMANA LADY'S HNDS TO M'S CHEST; HIP ROCK 4; LADY PUSH OFF MAN TO TANDEM WALL; CLOSE LADY SHIMMY 2,,**

- 5 {**START ALEMANA LADY'S HNDS TO M'S CHEST**} Fwd L, rec R, sd L/cl R, sd L leading W to trn RF placing W's hnds on M's chest M then place his hnds on Lady's hips (W Cl R, fwd L, fwd R/cl L, fwd R trng to fc ptr placing hnds on M's chest) ;
- 1,2,3,4 6 {**HIP ROCK 4**} Sd R (W Sd L) rolling hip sd & bk, sd L (W sd R) rolling hip sd & bk, sd R (W sd L) rolling hip sd & bk, sd L (W sd R) rolling hip sd & bk ;
- 7 {**LADY PUSH OFF MAN TO TANDEM WALL**} Bk R, rec L, fwd R/cl L, fwd R to TANDEM WALL (W Commence LF trn sd & fwd L to WALL, fwd R, fwd L/lk R, fwd L) ;
- 1.5 7.5 {**CL LADY SHIMMY 2**} Close L, place hnds on W's hips no weight chg (W Close R with shldr shimmy for 2 beats, -), [1/2 meas]

PART D**1-4** **BUMP & CHA; BACK BASIC LADY CHASE TURN; APART RECOVER & CHA TO CP; LADY TO FAN;**

- 1 {**BUMP & CHA**} Chug bk on L & swing R leg bk, bk R, bk L/lk Rif of L, bk L to end fcg Lady's back & WALL (W Chug bk R w/ hip bump, rec L, fwd R/lk Lib, fwd R end fcg WALL) ;
- 2 {**BK BAS LADY CHS**} Bk R, rec L, fwd R/cl L, fwd R (W Fwd L trng RF 1/2 to fc COH, rec fwd R, fwd L/cl R, fwd L) ;
- 3 {**APT REC & CHA TO CP**} Bk L, rec R, fwd L/cl R, fwd L to CP WALL (W Bk R, rec L, fwd R/cl L, fwd R to CP COH) ;
- 4 {**FAN**} Bk R leading Lady to trn LF 1/4, rec L, sd R/cl L, sd R LOP WALL (W Fwd L trng LF 1/4 to fc RLOD, bk R, bk L/lk Rif, bk L leaving R extended fwd w/ no weight LOP RLOD) ;

5-8 **HOCKEY STICK OVERTURNED TO SHADOW RLOD WITH TRIPLE CHA FORWARD;;; SPOT TRN IN 4 TO WALL HANDSHAKE;**

- 5 {**HKY STK**} Fwd L, rec R, in plc L/R, L (W Cl R, fwd L, fwd R/cl L, fwd R) ;

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- 6 **{OVRTRND TO SHADOW RLOD WITH TRPL CHA FWD}** Bk R, rec L trng Lady LF undr jnd lead hnds overturn Lady both M & Lady fc RLOD M behind Lady in SHADOW, fwd R/cl L, fwd R SHADOW RLOD (W Fwd L, fwd R & spiral LF undr jnd lead hnds to fc RLOD, fwd L/cl R, fwd L to SHADOW RLOD);
- 1&2,3&4: 7 **{CONTINUE CHAS FWD TO RLOD}** Fwd L/cl R, fwd L, fwd R/cl L, fwd R (W Fwd R/cl L, fwd R, fwd L/cl R, fwd L);
- 1,2,3,4: 8 **{SPT TRN IN 4 TO WALL HNDSHK}** Drop Lady's hnd fwd L trn RF 1/2, rec R comp RF trn to fc ptr, sd L, cl R to HNDSHK WALL (W Drop M's hnd fwd R trn LF 1/2, rec L comp LF trn to fc ptr, sd R, cl L to HNDSHK COH);

REPEAT B**REPEAT C****REPEAT D****PART E**

- 1-4** **FLIRT TO FAN;; START ALEMANA TO FC; UNDERARM TRN TO CP;**
- 1 **{FLIRT TO FAN}** Fwd L, rec R, sd L/cl R, sd L (W Rk bk R, rec L trng LF 1/2 to VARSOU pos, sd R/cl L, sd R);
- 2 Bk R, rec L, sd R/cl L, sd R leading W across in front of M to end in FAN pos M fcg LOP WALL (W Rk bk L, rec R, sd L/cl R, sd L moving to left across in front of M to end in FAN pos fcg LOP RLOD);
- 3 **{START ALEMANA TO FC}** Fwd L, rec R, sd L/cl R, sd L leading W to trn RF end LOP WALL (W Cl R, fwd L, fwd R/cl L, fwd R trng RF to fc ptr LOP COH);
- 4 **{UNDRM TRN TO CP}** Raise joined lead hnds trn body slightly RF & XRib, rec L squaring body to fc ptr, sd R/cl L, sd R to CP WALL bending R knee into broken sway toward LOD M place Lady's hand on M's lower L leg which is extended to sd (W Cross L in front undr joined lead hnds commence 1/2 RF trn, rec R complete RF trn to fc ptr, sd L/cl R, sd L CP WALL bending L knee into broken sway toward LOD with Lady's R hnd on M's lower L leg);
- 5-8** **DRAG CARESS; OPEN BREAK TO BFLY; NEW YORKER IN 4 W/ CLOSE;**
CONTINUOUS CHASSE ENDING;
- 5 **{DRAG CARESS}** M slowly straightens R knee, drawing L leg under body while moving Lady's hand up M's leg to end with M's & Lady's hands on M's chest, -, -, - (W Slowly straightens L knee, drawing R leg under body while moving hand up M's leg to end with M's & Lady's hands on M's chest, -, -, -); **[**Note: No weight change during this measure]**
- 6 **{OPEN BREAK TO BFLY}** Rk apt strongly on L to LOP FCG while extending free arm up, rec R lowering free arm to BFLY, sd L/cl R, sd L BFLY WALL (W Rk apt strongly on R to LOP FCG while extending free arm up, rec on L lowering free arm to BFLY, sd R/cl L, sd R BFLY COH);
- 1,2,3,4: 7 **{NEW YORKER IN 4 W/ CLOSE}** Swvl LF on L foot bring R foot thru w/ straight leg to sd by sd pos, rec L swivel RF to fc ptr, sd R, cl L end BFLY WALL (W Swvl RF on R foot bring L foot thru w/ straight leg to sd by sd pos, rec R swvl LF to fc ptr, sd L, cl R end BFLY COH);
- 1&2&3&4: 8 **{CONTINUOUS CHASSE ENDING}** Sd R/cl L, sd R/cl L, sd R/cl L, sd R (W Sd L/cl R, Sd L/cl R, Sd L/cl R, Sd L);

PART A MODIFIED

- 1-4** **BREAK BACK TO TRIPLE CHA FORWARD;; NEW YORKER W/ ROLL; 2 CHAS TO RLOD;**
- 1 **{BRK BK TO TRPL CH FWD}** Swvl sharply LF on R foot stp bk L to fc LOD, rec R, fwd L/lk Rib of L, fwd L (W Swvl sharply RF on L foot stp bk R to fc LOD, rec L, fwd R/lk Lib of R, fwd R);
- 1&2,3&4: 2 Fwd R/lk Lib of R, fwd R, fwd L/lk Rib of L, fwd L (W fwd L/lk Rib of L, fwd L, fwd R/lk Lib of R, fwd R);
- 3 **{NY W/ ROLL}** Thru R between ptrs, rec L trng RF to RLOD, roll RF R/L, R joining lead hnds to end fcg LOP RLOD (W Thru L between ptrs, rec R trng LF to RLOD, roll LF L/R, L joining

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- lead hnds to end fcg LOP RLOD) ;
- 1&2,3&4: 4 **{2 CHAS TO RLOD}** Fwd L/lk Rib of L, fwd L, fwd R/lk Lib of R, fwd R (W Fwd R/lk Lib of R, fwd R, fwd L/lk Rib of L, fwd L) ;
- 5-8** **NEW YORKER W/ ROLL; 2 CHAS TO LOD; QUICK NY 2X; SPOT TRN TO BFLY;**
- 5-8 **{NY W/ ROLL}** Thru L between ptrs, rec R trng LF to LOD, roll LF L/R, L joining trail hnds to end fcg OP LOD (W Thru R between ptrs, rec L trng RF to LOD, roll RF R/L, R joining trail hnds to end fcg OP LOD) ;
- 1&2,3&4: 6 **{2 CHAS TO LOD}** Fwd R/lk Lib of R, fwd R, fwd L/lk Rib of L, fwd L (W fwd L/lk Rib of L, fwd L, fwd R/lk Lib of R, fwd R) ;
- 1&2,3&4: 7 **{QK NY 2X}** Thru R between ptrs/rec L trng to fc ptr, sd R trng fc RLOD, thru L between ptrs/rec R trng fc ptr, sd L BFLY WALL (W Thru L between ptrs/rec R trng fc ptr, sd L trng to RLOD, thru R between ptrs/rec L trng fc ptr, sd R BFLY COH) ;
- 8 **{SPT TRN TO BFLY}** Commence LF trn XRif trn on R foot 1/2, rec L comp LF trn to fc ptr, sd R/cl L, sd R to BFLY WALL (W Commence RF trn XLif trn on L foot 1/2, rec R comp RF trn to fc ptr, sd L/cl R, sd L to BFLY COH) ;

PART F

- 1-4** **KICK TO A 4 & CHA LOD; AIDA; SWITCH ROCK; FAN;**
- 1,3&4: 1 **{KCK TO "4" & CHA TO LOD}** In BFLY throughout the meas kck L thru twd RLOD, swvl LF on R ft to fc LOD allowing L to rise almost to knee of weighted leg making a figure 4, fwd L/lk Rib, fwd L to LOD (W In BFLY throughout the meas kck R thru twd RLOD, swvl RF on L ft to fc LOD allowing R to rise almost to knee of weighted leg making a figure 4, fwd R/lk Lib, fwd R to LOD) ;
- 2 **{AIDA}** Thru R trng RF, sd L cont RF trn, bk R/lk Lib of R, bk R (W Thru L trng LF, sd R cont LF trn, bk L/lk Rib of L, bk L) ;
- 3 **{SWCH RK}** Trng LF to fc ptr sd L ckg bringing jnd hnds thru, rec R, sd L/cl R, sd L (W Trng RF to fc ptr sd R ckg bringing jnd hnds thru, rec L, sd R/cl L, sd R) ;
- 4 **{FAN}** Bk R leading Lady to trn LF 1/4, rec L, sd R/cl L, sd R LOP WALL (W Fwd L trng LF 1/4 to fc RLOD, bk R, bk L/lk Rib, bk L leaving R extended fwd w/ no weight LOP RLOD) ;
- 5-8** **START ALEMANA LADY'S HND'S TO M'S CHEST; HIP ROCK 4; LADY PUSH OFF MAN TO TANDEM WALL; CLOSE LADY SHIMMY 4;**
- 5 **{START ALEMANA LADY'S HND'S TO M'S CHEST}** Fwd L, rec R, sd L/cl R, sd L leading W to trn RF placing W's hnds on M's chest M then place his hnds on Lady's hips (W Cl R, fwd L, fwd R/cl L, fwd R trng to fc ptr placing hnds on M's chest) ;
- 1,2,3,4: 6 **{HIP ROCK 4}** Sd R (W Sd L) rolling hip sd & bk, sd L (W sd R) rolling hip sd & bk, sd R (W sd L) rolling hip sd & bk, sd L (W sd R) rolling hip sd & bk ;
- 7 **{LADY PUSH OFF MAN TO TANDEM WALL}** Bk R, rec L, fwd R/cl L, fwd R to TANDEM WALL (W Commence LF trn sd & fwd L to WALL, fwd R, fwd L/lk R, fwd L) ;
- 1,2,3,4: 8 **{CL LADY SHIMMY 4}** Close L, place hnds on W's hips no weight chg, -, - (W Close R with shldr shimmy for 4 beats, -, -, -) ;

REPEAT D**REPEAT E****END**

- .5** **OPEN BREAK IN 1 & EMBRACE,,**
- 1,2: .5 **{OPEN BREAK IN 1 & EMBRACE}** Rk apt strongly on L to LOP FCG while extending free arm up, rec R to embrace ptr/touch L beside R (W Rk apt strongly on R to LOP FCG while extending free arm up, rec on L to embrace ptr/touch R beside L) , **[only 2 beats]**