

# Book of Rules

拍数: 36                      墙数: 4                      级数: High Improver  
编舞者: Runa (DK) - June 2022  
音乐: Book of Rules - The Heptones : (iTunes)



Intro: 16 count from main beat (Start on vocals)

\*\*\*3 x RESTARTS:

Wall 3 after 32 counts (facing 3:00)

Wall 4 after 19& counts with step change. Replace "R heel strut" with "Small steps fwd (R+L)" (facing 12:00)

Wall 6 after 32 counts (facing 12:00)

**S1. Side-rock, rec., rock behind, rec., ½ fwd rumba-box, L touch, side-rock, rec., rock behind, rec., side, together, ¼ turn L**

1&2&            Rock R to R side, recover on L, rock R behind L, recover on L  
3&4&            Step R to R side, step L beside R, step fwd on R, touch L beside R  
5&6&            Rock L to L side, recover on R, rock L behind R, recover on R  
7&8              Step L to L side, step R beside L, step L to L side ¼ turn L (9:00)

**S2. ( R diag. step fwd ) x 2, L touch, ( L diag. step back ) x 2, R touch, ( back, kick ) x 2, coaster-step, brush diag.**

1&2&            Step diag fwd on R, step L beside R, step diag fwd on R, touch L beside R  
3&4&            Step diag back on L, step R beside L, step diag back on L, touch R beside L  
5&6&            Step back on R, kick L fwd, step back on L, kick R fwd  
7&8&            Step back on R, step L beside R, step fwd on R, brush L diag. fwd

**S3. ( Diag. fwd step-lock-heel strut ) x 2 (L+R) , L K-step ( Without touch on count 8& )**

1&              Step diag. fwd on L, lock R behind L  
2&              Step diag. fwd on L heel, slap toes down taking weight on LF  
3&              Step diag. fwd on R, lock L behind R,  
4&              Step diag. fwd on R heel, slap toes down taking weight on RF  
5&6&            Step diag. fwd on L, touch R beside L, step diag. back on R, touch L beside R  
7&8&            Step diag. back on L, touch R beside L, step diag. fwd on R, hold

**S4. Mambo-step ½ turn L, fwd shuffle, mambo-step ½ turn L, walk R+L**

1&2              Rock fwd on L, recover on R, ½ turn L and step L fwd (3:00)  
3&4              Step fwd on R, step L beside R, step fwd on R  
5&6              Rock fwd on L, recover on R, ½ turn L and step L fwd (9:00)  
7-8              Step fwd on R, step fwd on L

**S5. L ¼ paddle-turn x 2, rocking-chair**

1&              Touch fwd on R, ¼ turn L taking weight on L (6:00)  
2&              Touch fwd on R, ¼ turn L taking weight on L (3:00)  
3&4&            Rock fwd on R, recover on L, rock back on R, recover on L

**ENDING: Last wall 7 starts facing 12:00. Dance the first 32 counts and just make a ¼ turn R to face 12:00**