

Drop the Rules

拍数: 64 墙数: 2 级数: Intermediate / Advanced
编舞者: Niels Poulsen (DK) - December 2023
音乐: Chain Reaction (Radio Edit) - Michael Canitrot : (iTunes etc.)



Intro: 32 counts from beginning of track. App. 15 secs. into track. Start with weight on L foot
***3 restarts: 1st and 2nd on walls 2 and 4 after 32 counts, facing 12:00. 3rd on wall 5 after 48 counts, facing 12:00

[1 – 9] Rock R fwd, recover sweep, back pop, L step lock step, fwd R, ¼ spiral L, L chassé

1 – 3 Rock R fwd (1), recover on L sweeping R to R side (2), step back on R popping L knee (3)
12:00
4&5 Step L fwd (4), lock R behind L (&), step L fwd (5) 12:00
6 – 7 Step R fwd (6), spiral ¼ L on R (7) 3:00
8&1 Step L to L side (8), step R next to L (&), step L to L side (1) 3:00

[10 – 17] Cross, L side rock, piqué ¼ R, full turn R, ¼ R side L, behind side cross

2 - 3 - 4 Cross R over L (2), rock L to L side (3), recover on R turning ¼ R and hitching L knee (4)
6:00
5 - 6 - 7 Turn ½ R stepping back L (5), turn ½ R stepping R fwd (6), turn ¼ L stepping L to L side (7)
9:00
8&1 Cross R behind L (8), step L to L side (&), cross R over L (1) 9:00

[18 – 25] Side L, 1/8 R into R back rock, fwd R, L rock fwd, chasse 3/8 L

2 – 4 Step L to L side (2), turn 1/8 R rocking back on R (3), recover on L (4) 10:30
5 - 6 - 7 Step R fwd (5), rock L fwd R (6), recover back on R (7) 10:30
8&1 Turn 1/8 L stepping L to L side (8), step R next to L (&), turn ¼ L stepping L fwd (1) 6:00

[26 – 32] Step ½ L, lock ½ L, L back rock, fwd L

2 – 3 Step R fwd (2), turn ½ L stepping fwd on L (3) 12:00
4&5 Turn ¼ L stepping R to R side (4), cross L over R (&), turn ¼ L stepping back on R (5) 6:00
6 - 7 - 8 Rock L back (6), recover on R (7), step L fwd (8) ... 6:00

Restart here on walls 2 & 4, facing 12:00

[33 – 41] R side rock, cross, L chassé, Hold, ball cross 1/8 R, R step lock step

1 – 3 Rock R to R side (1), recover on L (2), cross R over L (3) 6:00
4&5 Step L to L side (4), step R next to L (&), step L a big step to L side (5) 6:00
6&7 Hold and drag R towards L (6), step R next to L (&), turn 1/8 R stepping L fwd (7) 7:30
8&1 Step R fwd (8), lock L behind R (&), step R fwd (1) 7:30

[42 – 48] L rock fwd, 3/8 L fwd, paddle 1/8 L X 2

2 - 3 - 4 Rock L fwd (2), recover back on R (3), turn 3/8 L stepping L fwd (4) 3:00
5 – 6 Step R fwd rolling hips anticlockwise (5), turn 1/8 L stepping onto L still rolling hips (6) 1:30
7 – 8 Step R fwd rolling hips anticlockwise (7), turn 1/8 L stepping onto L still rolling hips (8) ...
12:00

Restart here on wall 5, facing 12:00

[49 – 57] Fwd R, Hold, ball step LR, L mambo step, point R back, ½ R, L step lock step

1, 2&3 Step R fwd (1), Hold (2), step L next to R (&), step R fwd (3) 12:00
4&5 Rock L fwd (4), recover back on R (&), step back on L (5) 12:00
6 – 7 Point R backwards (6), turn ½ R stepping down on R (7) 6:00
8&1 Step L fwd (8), lock R behind L (&), step L fwd (1) 6:00

[58 – 64] Hold, R lock step, R mambo step, slide, & back rock R, recover L

2&3 Hold (2), lock R behind L (&), step L fwd (3) 6:00

4&5 Rock R fwd (4), recover back on L (&), step R a big step back (5) 6:00

6 Slide L towards R (6) 6:00

&7 – 8 Step L next to R (&), rock back on R (7), recover on L flicking R backwards (8) 6:00

START AGAIN

Ending Finish wall 7 (starts at 6:00). Stomp fwd on R on very last beat. You're facing 12:00 again 12:00
