

Follow The Rules

拍數: 48 牆數: 2 級數: Beginner
編舞者: Stephanie Chong (MY) - December 2015
音樂: Boys Like You (feat. Meghan Trainor & Ariana Grande) - Who Is Fancy



Intro: 16 counts

SECTION ONE: (1-9) □ Step Forward, Side Rock, Triple Steps, Side Rock, Triple Steps

1-2-3 Step L forward (1), Step R to side (2), Recover on L (3)
4&5 Step R beside L (4), Step L beside R (&), Step R beside L (4)
6-7 Step L to side (6), Recover on R (7)
8&1 Step L beside R (8), Step R beside L (&), Step L beside R (1) □ [12:00]

SECTION TWO: (10-16) □ Back Rock, Toe Struts, Step Forward

2-3 Rock R behind L (2), Recover on L (3)
4-5,6-7 Step R toes forward (4), Drop R heel (5), Step L toes forward (6), Drop L heel (7)
8 Step R forward (8)

SECTION THREE: (17-25) Step Forward, Side Rock, Triple Steps, Side Rock, Triple Steps

1-2-3 Step L forward (1), Step R to side (2), Recover on L (3)
4&5 Step R beside L (4), Step L beside R (&), Step R beside L (4)
6-7 Step L to side (6), Recover on R (7)
8&1 Step L beside R (8), Step R beside L (&), Step L beside R (1)

SECTION FOUR: (26-32) Jazz ¼ with Cross, Side Rock, Touch

2-3-4-5 Cross R over L (2), Step L back with 1/8 turn right (3), Step R side with 1/8 turn right (4),
Cross L over R (5)
6-7-8 Rock R to side (6), Recover L (7), Touch R beside L (8) [3:00]

SECTION FIVE: (33-40) □ Vine, Cross, Step Side, Points

1-2-3-4 Step R to side (1), Step L behind R (2), Step R to side (3), Cross L over R (4)
5-6-7-8 Step R to side (5), Point L beside R (6), Point L to L side (7), Point L beside R (8)

SECTION SIX: (41-48) □ Vine, Cross, Step Side, Heel Bounces

1-2-3-4 Step L to side (1), Step R behind L (2), Step L to side (3), Cross R over L (4)
5-6 Step L to side (5), Touch R beside L (6)
7&8 Drop both heels (7), Raise both heels (&), Drop both heels (8), weight shifts to R
(Note: As you drop and raise your heels, slowly make a ¼ turn right.) [6:00]

HAPPY DANCING!

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