

New Rules

拍數: 64 牆數: 4 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - November 2017
音樂: New Rules - Dua Lipa : (iTunes)



#16 count intro / Start on Vocals

[S1] Side-Cross, Hold, Chasse, Cross-Back-&-Step Pivot 1/2L

&1 2 Step R to right side, Cross L over R, Hold
3&4 Step R to right side, Step L beside R, Step R to right side
5 6& Cross L over R, Step R back, Step L beside R
7 8 Step R forward, Make a 1/2 turn left weight recover on L (6:00)

[S2] Side-Side, Hold, &-Cross-Hitch, Hip Sway RL, Hip-Hip-1/4L

&1 2 Step R to right side, Step L to left side, Hold
&3 4 Step R beside L, Cross L over, Hitch R to right side
5 6 Step R to right side w/ R hip sway, Hip sway L
7&8 Hip bump to right, Hip bump to left, Make a 1/4 turn left weight ends on R (3:00)

[S3] Step-Hitch, Coaster Step, 2x Step 1/4R Pivot

1 2 Step L forward, Hitch R forward
3&4 Step R back, Step L next to R, Step R forward
5 6 Step L forward, Make a 1/4 turn right weight recover on R
7 8 Step L forward, Make a 1/4 turn right weight recover on R (9:00)

[S4] Shuffle Fwd, Tap-Tap-R Side, Tap-Tap-L Side, Prissy Walk

1&2 Step L forward, Step R next to L, Step L forward
3&4 Tap R beside L, Tap R beside L, Step R to right side
5&6 Tap L beside R, Tap L beside R, Step L to left side
7 8 Prissy walk R-L *** (9:00)

[S5] Side Rock-1/2R Recover, Side Rock-1/4L Recover, Power Ball (3x 1/4L Paddle), Side Tap

1 2 Rock/step R to right side, Make a 1/2 turn right on left foot (3:00)
3 4 Rock/step R to right side, Make a 1/4 turn left on left foot (12:00)
5 6 Step/tap R to side and make a 1/4 turn left on left foot, Step/tap R to side and make a 1/4 turn left on left foot
7 8 Step/tap R to side and make a 1/4 turn left on left foot, Tap R to right side weight on L (3:00)

[S6] Fwd, Fwd, Rock Fwd-Recover-1/4R Fwd, Power Ball (3x 1/4R Paddle), Fwd

1 2 Step R forward, Step L forward
3&4 Rock/step R forward, Recover weight on L, Make a 1/4 turn right stepping R forward (6:00)
5 6 Step/tap L to side and make a 1/4 turn right on right foot, Step/tap L to side and make a 1/4 turn right on right foot
7 8 Step/tap L to side and make a 1/4 turn right on right foot, Step L forward** (3:00)

[S7] Step Pivot 1/2R, Shuffle Fwd, Side(&)-Behind-&-Behind-&-Behind, Side Point

1 2 Step R forward, Make a 1/2 turn left weight recover on L
3&4 Step R forward, Step L next to R, Step R forward
&5 Step L to left side, Step R behind L (Travelling to the left side)
&6 Step L in front of R, Step R behind L (Travelling to the left side)
&7 Step L in front of R, Step R behind L (Travelling to the left side) –Styling: bouncing up and down for the count &5&6&7
8 Point L to left side (9:00)

[S8] Jazz Box, Rock Fwd-Recover, 1/2L Fwd, Hitch

1 2 Cross L over R, Step R back
3 4 Step L to left side, Step R forward
5 6 Rock/ step L forward, Recover weight on R make a 1/2 turn left
7 8 Step L forward, Hitch R (9:00)

Tag 1 (4 counts): End of Wall 2 – 4x Bouncing Paddle L on the spot (6:00)

&1 Small step/tap R to side and make a 1/4 turn left on left foot, Recover weight on L
&2 Small step/tap R to side and make a 1/4 turn left on left foot, Recover weight on L
&3 Small step/tap R to side and make a 1/4 turn left on left foot, Recover weight on L
&4 Small step/tap R to side and make a 1/4 turn left on left foot, Recover weight on L (6:00)

Restart 1: On Wall 3 count 48 (9:00)**

Tag 2 (4 counts): End of Wall 4 – 4x Bouncing Paddle L on the spot (Same as Tag 1) (12:00)

&1 Small step/tap R to side and make a 1/4 turn left on left foot, Recover weight on L
&2 Small step/tap R to side and make a 1/4 turn left on left foot, Recover weight on L
&3 Small step/tap R to side and make a 1/4 turn left on left foot, Recover weight on L
&4 Small step/tap R to side and make a 1/4 turn left on left foot, Recover weight on L (12:00)

Restart 2: On Wall 5 count 32* (9:00)**

Tag 3 (4 counts): End of Wall 6 – 4x Bouncing Paddle L on the spot (Same as Tag 1) (12:00)

&1 Small step/tap R to side and make a 1/4 turn left on left foot, Recover weight on L
&2 Small step/tap R to side and make a 1/4 turn left on left foot, Recover weight on L
&3 Small step/tap R to side and make a 1/4 turn left on left foot, Recover weight on L
&4 Small step/tap R to side and make a 1/4 turn left on left foot, Recover weight on L (12:00)

Ending: Wall 7 after count 32*- Rock forward on R, Make a 1/4 turn right stepping R to the R side, Drag L together (12:00)**

Please feel free to contact me if you need any further information.(hirokoinedancing@gmail.com)
(Updated: 13/Nov/17)
