

My Rules

拍數: 44 牆數: 4 級數: Intermediate
編舞者: Sabine Stalder & Alice Berini (CH) - August 2019
音樂: The House Rules - Christian Kane : (iTunes)



Count In: 16 counts from where the beat kicks in, start on vocals

#1: 4x walk back with toe fans, coaster step, step 1/2 turn with sweep

1 - 4 Step back R as your left toe fans out to L, step back L as your right toe fans out to right, step back R as your left toe fans out to L, step back L as your right toe fans out to R 12:00
5 & 6 Step back R, step L together, step forward on R 12:00
7 - 8 & Step forward on L, 1/2 turn left as you sweep R from back to front and touch R next to L 06:00

#2: Syncopated weave with 1/4 turn R, 1/2 turn L, step side & drag, toe fan R, step behind, side

1 - 2 Step R to right side, step L behind R 06:00
& 3 - 4 1/4 turn right stepping forward on R, step forward on L, 1/2 turn L closing R to L 09:00
5 - 6 R big step to right side, drag L to R 03:00
& 7 & 8 Step ball of L behind R, R toe fans out to right side, step R behind L, step L to left side 03:00

#3: Turning hip bumps x2, kick ball rock step, step back & drag

1 - 4 1/4 turn to left touching R to right side bump hips to right, 1/4 turn left stepping back on L, 1/4 turn left touching L to left side bump hips to left, 1/4 turn left stepping forward on L 03:00
5 & 6 & Kick R forward, step down on ball of R beside L, rock forward L, recover on to R 03:00
7 - 8 Step big Step L back, drag R to L 03:00

#4: Ball Change, 1/2 turn R, 1/2 turn L with swivels, coaster step, hitch side bump

& 1 - 2 Step ball of R beside L, step L forward, 1/2 turn right 09:00
3 & 4 1/2 turn left swivel heels right, center, right
(on wall 5 after swivels, step L beside R adding a & count and restart the dance) 03:00
7 - 8 Hitch R knee, step R to right side as you bump hip to right side
(on wall 3, 2 count tag and restart the dance) 03:00

#5: 1/4 turn R, 3/4 turn R, step side, full turn R, back & drag, rock step

& 1 - 2 1/4 turn right stepping L to left side, cross R behind L, unwind 3/4 turn to right 03:00
& 3 - 4 Step L to left side, cross R behind L, unwind full turn right 03:00
5 - 6 Big step back on L, drag R to L 03:00
7 - 8 Rock back on to R, recover on to L
(restart the dance here on wall 2 & 6) 03:00

#6: Full turn, platform spin, rock step

1 - 2 1/2 turn left step back on R, 1/2 turn left step forward on L 03:00
3 Platform spin left close R to L, weight stays on L 03:00
4 & Rock R forward, recover to L 03:00

Tag: On wall 3 you have a 2 count tag:

Dance up to count 32 and add a hip roll anti clock wise for 2 counts,
Weight ends on left foot, restart the dance.

Contact: www.break-ranks.ch - step-out@break-ranks.ch