

10 Simple Rules

拍數: 32 牆數: 4 級數: Beginner
編舞者: Melissa Lau (NZ) - September 2020
音樂: Ten Simple Rules - MercyMe



Dance begins after 32 counts

STOMP, HEEL-TOE WALK-IN (x 2)

1, 2, 3, 4 Stomp R diagonal fwd, swivel L heel in, swivel L toe in, swivel L heel in (12:00)
5, 6, 7, 8 Stomp L diagonal fwd, swivel R heel in, swivel R toe in, swivel R heel in

BACK HOP-TOUCH (x 2), TRAVELLING SWIVELS

&1, 2 Jump back on R, tap L toe next to R, hold
&3, 4 Jump back on L, tap R toe next to L, hold
5, 6, 7, 8 Twist both heels to right, twist both toes to right, twist both heels to right, twist both toes to centre

½ MONTEREY TURN, SIDE ROCK, RECOVER, BEHIND, SIDE ROCK

1, 2, 3, 4 Point R to side, ½ turn right bringing R to L, point L to side, step L next to R (6:00)
5, 6, 7, 8 Rock R to side, recover weight on L, step R behind L, rock L to side

RECOVER, BEHIND-SIDE-CROSS, FWD, TOUCH, ¼ BACK, TOUCH

1, 2, 3, 4 Recover weight on R, step L behind R, step R to side, cross L over R
5, 6, 7, 8 Step R diagonal fwd, tap L toe next to R, turn ¼ right stepping back on L, tap R toe next to L (9:00)

* RESTART: on wall 5 after 16 counts (facing 12 o'clock)

Alternative Music: Dance With Me Tonight - Ollie Murs (56 counts intro; restart on wall 8 after 8 counts, facing 3 o'clock)

Last Update: 15 Jul 2022