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 - Olly Murs (56 counts intro; restart on wall 8 after 8 counts, facing 3 o'clock)

Last Update: 15 Jul 2022