

Book of Rules

拍數: 36 牆數: 4 級數: High Improver
編舞者: Runa (DK) - June 2022
音樂: Book of Rules - The Heptones : (iTunes)



Intro: 16 count from main beat (Start on vocals)

***3 x RESTARTS:

Wall 3 after 32 counts (facing 3:00)

Wall 4 after 19& counts with step change. Replace "R heel strut" with "Small steps fwd (R+L)" (facing 12:00)

Wall 6 after 32 counts (facing 12:00)

S1. Side-rock, rec., rock behind, rec., ½ fwd rumba-box, L touch, side-rock, rec., rock behind, rec., side, together, ¼ turn L

1&2& Rock R to R side, recover on L, rock R behind L, recover on L
3&4& Step R to R side, step L beside R, step fwd on R, touch L beside R
5&6& Rock L to L side, recover on R, rock L behind R, recover on R
7&8 Step L to L side, step R beside L, step L to L side ¼ turn L (9:00)

S2. (R diag. step fwd) x 2, L touch, (L diag. step back) x 2, R touch, (back, kick) x 2, coaster-step, brush diag.

1&2& Step diag fwd on R, step L beside R, step diag fwd on R, touch L beside R
3&4& Step diag back on L, step R beside L, step diag back on L, touch R beside L
5&6& Step back on R, kick L fwd, step back on L, kick R fwd
7&8& Step back on R, step L beside R, step fwd on R, brush L diag. fwd

S3. (Diag. fwd step-lock-heel strut) x 2 (L+R) , L K-step (Without touch on count 8&)

1& Step diag. fwd on L, lock R behind L
2& Step diag. fwd on L heel, slap toes down taking weight on LF
3& Step diag. fwd on R, lock L behind R,
4& Step diag. fwd on R heel, slap toes down taking weight on RF
5&6& Step diag. fwd on L, touch R beside L, step diag. back on R, touch L beside R
7&8& Step diag. back on L, touch R beside L, step diag. fwd on R, hold

S4. Mambo-step ½ turn L, fwd shuffle, mambo-step ½ turn L, walk R+L

1&2 Rock fwd on L, recover on R, ½ turn L and step L fwd (3:00)
3&4 Step fwd on R, step L beside R, step fwd on R
5&6 Rock fwd on L, recover on R, ½ turn L and step L fwd (9:00)
7-8 Step fwd on R, step fwd on L

S5. L ¼ paddle-turn x 2, rocking-chair

1& Touch fwd on R, ¼ turn L taking weight on L (6:00)
2& Touch fwd on R, ¼ turn L taking weight on L (3:00)
3&4& Rock fwd on R, recover on L, rock back on R, recover on L

ENDING: Last wall 7 starts facing 12:00. Dance the first 32 counts and just make a ¼ turn R to face 12:00