

# Drop the Rules

拍數: 64      牆數: 2      級數: Intermediate / Advanced  
編舞者: Niels Poulsen (DK) - December 2023  
音樂: Chain Reaction (Radio Edit) - Michael Canitrot : (iTunes etc.)



Intro: 32 counts from beginning of track. App. 15 secs. into track. Start with weight on L foot  
\*\*\*3 restarts: 1st and 2nd on walls 2 and 4 after 32 counts, facing 12:00. 3rd on wall 5 after 48 counts, facing 12:00

## [1 – 9] Rock R fwd, recover sweep, back pop, L step lock step, fwd R, ¼ spiral L, L chassé

1 – 3      Rock R fwd (1), recover on L sweeping R to R side (2), step back on R popping L knee (3)  
12:00  
4&5      Step L fwd (4), lock R behind L (&), step L fwd (5) 12:00  
6 – 7      Step R fwd (6), spiral ¼ L on R (7) 3:00  
8&1      Step L to L side (8), step R next to L (&), step L to L side (1) 3:00

## [10 – 17] Cross, L side rock, piqué ¼ R, full turn R, ¼ R side L, behind side cross

2 - 3 - 4      Cross R over L (2), rock L to L side (3), recover on R turning ¼ R and hitching L knee (4)  
6:00  
5 - 6 - 7      Turn ½ R stepping back L (5), turn ½ R stepping R fwd (6), turn ¼ L stepping L to L side (7)  
9:00  
8&1      Cross R behind L (8), step L to L side (&), cross R over L (1) 9:00

## [18 – 25] Side L, 1/8 R into R back rock, fwd R, L rock fwd, chasse 3/8 L

2 – 4      Step L to L side (2), turn 1/8 R rocking back on R (3), recover on L (4) 10:30  
5 - 6 - 7      Step R fwd (5), rock L fwd R (6), recover back on R (7) 10:30  
8&1      Turn 1/8 L stepping L to L side (8), step R next to L (&), turn ¼ L stepping L fwd (1) 6:00

## [26 – 32] Step ½ L, lock ½ L, L back rock, fwd L

2 – 3      Step R fwd (2), turn ½ L stepping fwd on L (3) 12:00  
4&5      Turn ¼ L stepping R to R side (4), cross L over R (&), turn ¼ L stepping back on R (5) 6:00  
6 - 7 - 8      Rock L back (6), recover on R (7), step L fwd (8) ... 6:00

Restart here on walls 2 & 4, facing 12:00

## [33 – 41] R side rock, cross, L chassé, Hold, ball cross 1/8 R, R step lock step

1 – 3      Rock R to R side (1), recover on L (2), cross R over L (3) 6:00  
4&5      Step L to L side (4), step R next to L (&), step L a big step to L side (5) 6:00  
6&7      Hold and drag R towards L (6), step R next to L (&), turn 1/8 R stepping L fwd (7) 7:30  
8&1      Step R fwd (8), lock L behind R (&), step R fwd (1) 7:30

## [42 – 48] L rock fwd, 3/8 L fwd, paddle 1/8 L X 2

2 - 3 - 4      Rock L fwd (2), recover back on R (3), turn 3/8 L stepping L fwd (4) 3:00  
5 – 6      Step R fwd rolling hips anticlockwise (5), turn 1/8 L stepping onto L still rolling hips (6) 1:30  
7 – 8      Step R fwd rolling hips anticlockwise (7), turn 1/8 L stepping onto L still rolling hips (8) ...  
12:00

Restart here on wall 5, facing 12:00

## [49 – 57] Fwd R, Hold, ball step LR, L mambo step, point R back, ½ R, L step lock step

1, 2&3      Step R fwd (1), Hold (2), step L next to R (&), step R fwd (3) 12:00  
4&5      Rock L fwd (4), recover back on R (&), step back on L (5) 12:00  
6 – 7      Point R backwards (6), turn ½ R stepping down on R (7) 6:00  
8&1      Step L fwd (8), lock R behind L (&), step L fwd (1) 6:00

**[58 – 64] Hold, R lock step, R mambo step, slide, & back rock R, recover L**

2&3 Hold (2), lock R behind L (&), step L fwd (3) 6:00

4&5 Rock R fwd (4), recover back on L (&), step R a big step back (5) 6:00

6 Slide L towards R (6) 6:00

&7 – 8 Step L next to R (&), rock back on R (7), recover on L flicking R backwards (8) 6:00

**START AGAIN**

**Ending Finish wall 7 (starts at 6:00). Stomp fwd on R on very last beat. You're facing 12:00 again 12:00**

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