

No Rules

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Dan Morrison (CAN) - October 2024
音樂: Guilty - The Shires



Intro: 16 Counts, Start on Lyrics

RESTART: During Wall 3 (6 o'clock) Dance first 16 Counts, but touch R beside L on Counts 16, then start again.

Knee Pops, Rumba, Mambo, Shuffle

1&2& Step R side R (1) Pop L knee (&) Step L side L (2) Pop R knee (&)
3&4 Step R side R (3) Step L beside R (&) Step R forward (4)
5&6 Step L forward (5) Recover onto R (&) Step L back (6)
7&8 Step L back (7) Step R beside L (&) Step L back (8)

¼ Coaster, Shuffle, Sailor, Behind-Side-Cross

1&2 Step L behind R (1) ¼ turn L, Step R beside L (&) Step L over R (2)
3&4 Step R side R (3) Step L beside R (&) Step R side R (4)
5&6 Step L behind R (5) Step R beside L (&) Step L side L (6)
7&8 Step R behind L (7) Step L side L (&) Step R over L (8)

RESTART: During Wall 3 (6 o'clock)

Rock-Recover, Behind-Side-Cross, Rumba Box

1-2 Step L side L (1) Recover onto R (2)
3&4 Step L behind R (3) Step R side R (&) Step L over R (4)
5&6 Step R side R (5) Step L beside R (&) Step R back (6)
7&8 Step L side L (7) Step R beside L (&) Step L forward (8)

Rocking-Horse, Shuffle, ½ Chase turn

1-4 Step R forward (1) Recover onto L (2) Step R back (3) Recover onto L (4)
5&6 Step R forward (5) Step L beside R (&) Step R forward (6)
7&8 Step L forward (7) ½ Pivot R, wt on R (&) Step L forward (8)

HAVE FUN AND ENJOY