

# No Rules

拍數: 64      牆數: 1      級數: Improver  
編舞者: Marie Norstedt (SWE) & Elisabeth Lindqvist (SWE)  
音樂: The Worrying Kind - The Ark



Start facing 6:00, main weight on left foot, left hand on waist, right arm pointing in the air and feel the music for 16 counts and make a 1/2 turn right on left foot

## CHASSÉ, BACK ROCK STEP, SHUFFLE ½ TURN, SAILOR STEP

1&2      Right step to side, left step beside right, right step to side  
3-4      Left rock back, recover onto right  
5&6      Left ¼ turn to right, right step beside left, left ¼ to right  
7&8      Right step behind left, left step to the side, right step in place

## JAZZ BOX, KICK BALL STEP WALK LEFT, RIGHT

9-12      Left cross over right, right step back, left step to left side, right step forward  
13&14      Left kick forward, left step beside right, right step forward  
15-16      Walk left, right

## KICK BALL STEP, CROSS, SIDE & ½ TURN LEFT, CHASSÉ, STEP TURN

17&18      Left kick forward, left step beside right, right step forward  
19-20      Left cross over right, right step to side, ½ turn left  
21&22      Left step to left, right step beside left, left step to side  
23-24      Right step forward, ½ turn left (weight on left)

## SHUFFLE ½ TURN LEFT, ROCK STEP, FUNNY WALKS

25&26      Right ¼ turn to left, left step beside right, right ¼ to left  
27-28      Left rock back, recover on right  
29-32      Walk forward left, right, left, right (with knees going out/in)

Have fun when you walk

## SHUFFLE, STEP & CLAP, STEP & CLAP, SLAP, TOUCH

33&34      Left step forward, right step beside left, left step forward  
35-36&      Step right to side, clap, left step beside right  
37-38      Step right to side, clap  
39-40      Left hook behind right and slap with right hand, touch left to side

## JAZZ BOX, STEP ½ TURN, STEP ¼ TURN

41-44      Left cross over right, right step back, left step to left side. Right step forward  
45-46      Left step forward, ½ turn right (weight on right)  
47-48      Step left forward, ¼ turn right (weight on right)

## HOP, CLAP, HOP, CLAP TOE STRUT

&49-50      Jump forward left, right and clap  
&51-52      Jump back left, right and clap  
53-54      Left toe touch forward, step into left  
55-56      Right toe touch forward, step into right

## HEEL SWITCHES, ¼ STEP TURN, CROSS SHUFFLE, FULL TURN

57&58&      Left heel forward, left step beside right, right heel forward, right step beside left  
59-60      Left step forward, make a ¼ turn to right (weight on right)  
61&62      Cross left over right, step right to side, cross left over right

63-64&            Make a ¼ turn left step right back, ½ turn left step left to side & ¼ turn left on left foot

**REPEAT**

**TAG**

**After 2nd wall (12 counts) and 4th wall (16 counts)**

1-4                A long step to right and drag over 3 counts

5-8                Walk left, right, left, right and face 6:00 (half turn)

**9-12(16) Strike a pose (same as intro). Main weight on left foot. Hold until music kicks in again and make a ½ turn right on left foot**

---