

Breaking The Rules

拍數: 64 牆數: 4 級數: Intermediate
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音樂: Right Now - Atomic Kitten



ANGLED 1/8 LEFT, STEP FORWARD & BUMP (TWICE), RIGHT KICK-BALL-STEP BACK (TWICE)

- 1&2& Turning 1/8 turn to the left but moving towards 12:00 take a small step forward right, step left beside right, bump forward, and back
3&4& Small step forward right, step left beside right, bump forward, and back
5&6 Kick right foot forward (body is still angled), rock back with ball of right foot, step slightly back with left
7&8 Kick right foot forward (body is still angled), rock back with ball of right foot, step slightly back with left (squaring off to original wall)

TOUCH TOES RIGHT & LEFT, ROCK-STEP, RIGHT COASTER STEP, STEP LEFT, TOUCH BACK RIGHT, 1/4 TURN RIGHT

- 1&2& Touch toes to right side, bring right foot beside left, touch toes to left side, bring left foot beside right
3-4 Cross step right foot slightly in front of left, rock back onto left
5&6 Step right back, close left to right, step forward onto right
&7-8 Step forward onto left, touch right toes back, pivot 1/4 turn right on left foot

HIP BUMPS, LEFT SAILOR, PADDLE 1/4 TURN TO LEFT (TWICE)

- 1-2 Bump hips right, bump hips left
3&4 Bump hips right, bump hips left, bump hips right taking weight on right
5&6 Cross step left behind right (angle body slightly), step right to side, step left slightly forward and to left side
7-8 Paddle turn 1/4 left on left, paddle turn 1/4 left on left

You will have completed a 1/2 turn left

RIGHT KICK-BALL-STEP (TWICE), KICK-BALL-STEP-BALL-STEP-BALL-STEP (AKA SHORTY GEORGE)

- 1&2 Kick side right, rock back onto ball of right foot, step slightly forward onto left
3&4 Kick side right, rock back onto ball of right foot, step slightly forward onto left
5&6 Kick side right, rock back onto ball of right foot, step slightly forward onto left
&7&8 Rock back onto ball of right foot, step slightly forward onto left, rock back onto ball of right foot, step slightly forward onto left

Styling note: while doing the this section - when kicking your right foot, rise up onto your toes - kind of like you are stretching yourself out. - and when doing the "ball - step" shrink down by bending your knees

OUT - OUT (RIGHT, LEFT) HOLD, ROLL HIPS AND TURN 1/4 LEFT, LEFT COASTER, CHUG STEPS

- &1-2 Quick step out and back onto right, step left out beside right (feet are shoulder width), hold
3-4 Roll hips to the left, while rolling hips make a 1/4 left keeping weight back on right foot
5&6 Step left back, close right to left, step forward onto left
&7&8 Step forward right, touch left beside right, step forward left, touch right beside left

TOUCH CROSS (RIGHT, LEFT), RIGHT SIDE ROCK RIGHT, BEHIND BALL CROSS

- 1-2 Touch side right with toes, cross step right across left
3-4 Touch side left with toes, cross step left across right
5-6 Rock side right swinging hips to the right, recover onto left
7&8 Cross step right behind left, step side left, cross step right across left

FULL TURN LEFT (360), LEFT SIDE SHUFFLE, RIGHT KICK-BALL-CROSS (TWICE)

- 1-2 Unwind one full turn left taking weight on right
3&4 Side shuffle left, right, left
5&6 Kick right foot to right corner, rock back onto ball of right foot, cross left foot over right
7&8 Kick right foot to right corner, rock back onto ball of right foot, cross left foot over right

TURN ¼ LEFT, TOUCH LEFT, RIGHT, CHUG STEPS FORWARD RIGHT, LEFT, RIGHT, LEFT

- 1-2 Step side right, pivot ¼ turn left keeping weight on right
3&4 Touch toes side left, step left beside right, touch toes side right
&5&6 Step forward right, touch left beside right, step forward left, touch right beside left
&7&8 Step forward right, touch left beside right, step forward left, touch right beside left

REPEAT
