

Rule My Life

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Laura Hilbert (UK) - April 2013
音樂: Natalie - Bruno Mars



Start: 16 count intro (start on vocals)

Notes: Tag after the first 16 counts on wall 7, straight into a Restart for wall 8.

[1-8] Right Side behind and cross and touch, Left side, hold, and step touch,

1-2 Right to right side, left behind right,
&3&4 right to right side, left in front of right, right to right side, touch left beside right.
5-6 Left to left side, hold,
& 7-8 right beside left, step left to left side, touch right beside left.

[9-16] Walk , walk, kick and point, Left heel and touch and heel hip hip,

1-2 Walk forward on the right, walk forward on the left,
3&4 kick right foot forward, put right foot next to left, point left foot to left side.
5&6&7&8 Left heel forward, step onto to left, touch right beside left, step back on the right , touch left
 foot forward, hip up , down.

(Tag and Restart here on wall 7)

[17-24] step point, ¾ turn triple step, Step kick and cross, hold.

1-2 Step crossing left over right, point right to right side,
3&4 ¾ turn over your right shoulder, stepping right, left, right.
5-6 Step forward on the left, kick the right foot forward,
&7-8 step back on the right, touch left across right and hold.

[25-32] Walk, rock forward, rock back step half turn, ½ turn , rock forward , left shuffle.

1-2-3 Step forward on the left, rock forward on the right back on left,
4-5-6 ½ turn over right shoulder stepping forward on the right. Rock back on the left making ½ turn
 over right shoulder, rock forward on the right
7&8 step left forward, step right beside left, step left forward.

[33-40] Step side, cross, hip, hip, And cross, hold, and cross and cross.

1-2 Right to right side, cross left across right,
3-4 step right to right side with two hip bumps to the right,
&5-6 Step left to left side, cross right over left, hold,
&7&8 step left to left side cross right over left, step left to left side, cross right over left.

[41-48] Step point, ¾ Monterey turn, point, Walk left , right , step together, twist , twist

1-2 Step left foot forward, point right to right side,
3-4 ¾ turn over right shoulder, point left to left side.
5-6 Step left forward, step right forward,
7&8 step left beside right, twist both heels out, twist both heels in.

TAG- 4 counts- Step point, ½ right, hold.

1-2 Cross left over right, point right to right side,
3-4 Turn ½ over your right shoulder (weight over left) , Hold

Then RESTART

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