

3 Rules

拍数: 64 墙数: 2 级数: Upper Intermediate
编舞者: Paul Snooke (AUS) & Guillaume Richard (FR) - October 2017
音乐: New Rules - Dua Lipa : (Album: Dua Lipa)



Notes: The dance will start 16 counts into the music on the first set of lyrics

[1-8] WALK – MAMBO – SWEEP – BEHIND – SIDE – CROSS – RECOVER - WEAVE

- 1-2&3 Step RF fwd - Step LF fwd - Recover weight to RF - Step LF back as you sweep the RF around to the back
4&5 Cross RF behind LF - Step LF to L side - Cross RF over LF
6& Recover weight to LF - Step RF to R side
7&8& Cross LF over RF - Step RF to R side - Cross LF behind RF - Step RF to R side,

[9-16] POINT – DRAG – TOGETHER – POINT – CROSS – SIDE – ROCK STEP x2 (BATUCADA)

- 1-2&3 Point L toe to L side and start to drag it towards the RF - Continue to drag together for count 2 - Step LF together (&) - Point R toe to R side
4&5 Cross RF over LF - Step LF to L side - Make 1/8 turn to R step RF back [facing 1:30]
&6 Rock fwd onto L toe - Recover weight on RF
7&8 Step LF back - Rock fwd onto R toe - Recover weight on LF

[17-24] BACK – HOLD – BALL STEP – WALK – CROSS SAMBA X2

- 1-2&3-4 Step RF back - Hold for 1 count - Step LF together - Step RF fwd - Step LF fwd
5&6 Cross RF over LF - Make 1/8 turn R stepping LF to L side - Step RF to R side [facing 3:00]
7&8 Cross LF over RF - Step RF to R side - Step LF to L side

[25-32] CROSS - HOLD - MAMBO CROSS - 1/4 TURN STEP - 1/2 TURN STEP - MAMBO - HITCH

- 1-2 Cross RF over LF - Hold
&3-4 Step LF to L side - Recover on RF - Cross LF behind RF
5-6 Make 1/4 turn R stepping RF forward [facing 6:00] - Make 1/2 turn R stepping LF backward and sweep with RF from front to back [facing 12:00]
7&8 Step RF backward - Recover on LF - Hitch R knee*

[33-40] SIDE – ½ SWEEP – CROSS – BACK – TOGETHER – CROSS – BACK – ¼ TOGETHER

- &1-2-3-4 Step RF to R side – As you step LF to L side pencil ½ turn to L sweeping RF right around in front of LF for the 4 counts [facing 6:00]
5&6 Cross RF over LF - Step LF back - Step RF together
7&8 Cross LF over RF - Step RF back - Make ¼ turn to L step L together [facing 3:00]

[41-48] WALK X2 - JUMP X2 - STEP - 14/ TURN - RECOVER - CROSS MAMBO

- 1-2 Step RF forward - Step LF forward
&3&4 Step RF forward - Step LF next to RF - Step RF backward - Step LF next to RF
5-6 Step RF forward - Make 1/4 turn L stepping on LF [facing 12:00]
7-8& Recover on RF* - Cross LF over RF - Recover on RF

[49-56] ROLLING VINE - HOLD - CROSS - SIDE - SAILOR STEP

- 1-2 Make 1/4 turn L stepping LF forward [facing 9:00] - Make 1/2 turn L stepping RF backward [facing 3:00]
3-4 Make 1/4 turn L stepping LF to L side [facing 12:00] - Hold
5-6 Cross RF over LF - Step LF to L side
7&8 Cross RF behind LF - Step LF to L side - Step RF to R side

[57-64] CROSS - SIDE - SAILOR STEP WITH 1/2 TURN - OUT OUT - STEP & DRAG - BALL (STEP TO

RESTART THE DANCE)

1-2 Cross LF over RF - Step RF to R side
3&4 Cross LF behind RF - Make 1/2 turn L stepping RF to R side [facing 6.00] - Step LF forward
5-6 Step Out RF forward - Step Out LF forward
7-8& Step RF backward - Drag LF next to RF - Step LF next to RF

RESTARTS:

- * At wall 3 : Do the first 47 counts, and on count 48 : Step L next to R, and Restart the dance facing 12:00
- * At wall 5 : Do the first 32 counts, and Restart the dance facing 6:00

TAGS: At walls 2, 4 and 6, a tag happens in the middle of the dance

Do the first 32 counts, and do this 4 counts: Sway to the R (1), Sway to the L (2), Sway to the R (3), Sway to the L (4)

And continue the dance, from count 33.

ENDING: To finish the dance after count 32, Step R to R and strike a pose

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Last updated on 16 November 2017
