

Breaking Rules

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Niels Poulsen (DK) - March 2020
音乐: Colorado - Mikolas Josef : (Spotify, Youtube, etc)



Intro: 8 counts (app. 4 secs into track). Start with weight on L foot

****2 easy Restarts: On walls 2 and 4 (they both start facing 6:00), after 48 counts, now facing 12:00 ...**

This also means you NEVER get to do the last 16 counts when your wall starts facing 6:00.

[1 – 8] R cross rock & L rock fwd, shuffle ½ L, ¼ L with R side rock

- 1 – 2& Rock R slightly over L (1), recover back on L (2), step R a small step to R side (&) 12:00
- 3 – 4 Rock L fwd (3), recover back on R (4) 12:00
- 5&6 Turn ¼ stepping L to L side (5), step R next to L (&), turn ¼ L stepping L fwd (6) 6:00
- 7 – 8 Turn ¼ L rocking R to R side (7), recover onto L (8) 3:00

[9 – 16] R cross rock, side R, L cross rock, side L, point R to R, ¼ R fwd, full triple on the spot

- 1 – 2& Cross rock R over L (1), recover onto L (2), step R to R side (&) 3:00
- 3 – 4& Cross rock L over R (3), recover onto R (4), step L to L side (&) 3:00
- 5 – 6 Point R to R side (5), turn ¼ R stepping down on R (6) 6:00
- 7&8 Turn ¼ R stepping L next to R (7), turn ¼ R stepping R next to L (&), turn ½ R stepping L next to R (8) ... 6:00

OBS! Important to NOT travel fwd but to stay on the spot during full turn

[17 – 24] R diagonal back rock, side R, L diagonal back rock, side, behind ¼ L, step turn

- 1 – 2& Rock R behind L (1), recover onto L (2), step R to R side (&) 6:00
- 3 – 4& Rock L behind R (3), recover onto R (4), step L to L side (&) 6:00
- 5 – 8 Cross R behind L (5), turn ¼ L stepping L fwd (6), step R fwd (7), turn ½ L onto L (8) 9:00

[25 – 32] Full turn L, rock R fwd, ¼ R side rock, L rolling vine

- 1 – 2 Turn ½ L stepping R back (1), turn ½ L stepping L fwd (2) ... OR: walk R and L fwd (1-2) 9:00
- 3 – 4 Rock R fwd (3), recover back on L (4) 9:00
- 5 – 6 Turn ¼ R rocking R to R side (5), recover onto L turning ¼ L (6) 9:00
- 7 – 8 Turn ½ L stepping back on R (7), turn ¼ L stepping L to L side (8) 12:00

[33 – 40] R cross flick, recover hitch, side hitch, L cross flick, recover flick, ¼ L flick, ¼ L fwd, clap X2 (all with hand slaps...) ...

(Alternative option: leave out flicks, hitches and slaps)

- 1&2& Cross R over L (1), flick L heel up behind R slapping inside heel with R hand (&), recover onto L (2), hitch R knee slapping inside of knee with L hand (&) 12:00
- 3&4& Step R to R side (3), hitch L knee slapping inside of knee with R hand (&), cross L over R (4), flick R heel up behind L slapping inside heel with L hand (&) 12:00
- 5&6& Recover back on R (5), flick L foot out to L slapping outside of foot with L hand (&), turn ¼ L stepping L to L side (6), flick R foot out to R slapping outside of foot with R hand (&) 9:00
- 7&8 Turn ¼ L stepping R fwd (7), clap hands (&), clap hands (8) 6:00

[41 – 48] L and R travelling cross side rocks, syncopated rocks fwd and back

- 1&2 Cross L over R (1), rock R to R side (&), recover fwd on L (2) Note: body stays facing 6:00
- 3&4 Cross R over L (3), rock L to L side (&), recover fwd on R (4) Note: body stays facing 6:00
- 5 – 6& Rock L fwd (5), recover back on R (6), step L back (&) 6:00
- 7 – 8 Rock back on R (7), recover fwd onto L (8) * restarts here on walls 2 and 4, facing 12:00 6:00

[49 – 56] Swivel ½ L, point L back, ¼ L side, start R jazz box, R chassé

- 1&2 Step R fwd (1), swivel L heel ½ R turning body L (&), swivel R heel ½ R turning body L (2) 12:00
- 3 – 4 Point L backwards (3), turn ¼ L stepping onto L (4) 9:00
- 5 – 6 Cross R over L (5), step back on L (6) 9:00
- 7&8 Step R to R side (7), step L next to R (&), step R to R side (8) 9:00

[57 – 64] Cross, Hold, ball cross behind, side R, point L to L side, roll 1 ¼ L

- 1 – 2&3 Cross L over R (1), Hold (lyrics: 'breaking rules') (2), step R to R side (&), cross L behind R (3) 9:00
- 4 – 5 Step R to R side (4), point L to L side and prep body slightly R (5) 9:00
- 6 – 8 Turn ¼ L stepping fwd onto L (6), turn ½ L stepping R back (7), turn ½ L stepping L fwd (8) 6:00

START AGAIN

Ending: Start wall 6 (starts at 6:00). Do first 6 counts then stomp R fwd (7), stomp L next to R (8) 12:00

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