My Rules
Line Dance Mania Chicago Okt.18

Choreographed by Amy Glass (Sept.18)
96 count, Phrased Intermediate Line Dance
Musik: My Rules von Jadagrace
40 Count Intro, Dance start on Lyric „One"
Phrasing: ABCDD ABCDD B BCDD DD

Part A „Numbers" - 32 Counts
Press R Fwd Recover, R Coaster, Step Pivot ¾, C-bump

1 - 2	Press RF fwd, Recover weight on LF slightly kicking RF fwd
3 & 4	Step back on RF, close LF next to RF, Step RF fwd
5 - 6	Step fwd on LF, Pivot ¾ R (9:00)
7 & 8	Shift upper body to L, Recover to center, Shift weight to L hip

Toe Strut, Cross Toe Strut, Rock R, Recover, Behind Side Cross

1 - 2	Touch R Toe to R, Drop R Heel
3 - 4	Cross LF over RF and touch L Toe to R, Drop L Heel
5 - 6	Rock RF to R, Recover Weight on LF
7 & 8	Step RF behind LF, Step LF to L, Cross RF over LF

Step Drag, Ball Cross, ¼ R, Step Pivot ½, Kick Out Out

1 (2)	Step big step to L, Drag R heel
3 - 4	Step on the ball of the RF, cross LF over RF, tun ¼ R stepping fwd R (12:00)
5 - 6	Step LF fwd, Pivot ½ R (6:00)
7 & 8	Kick Lf fwd, Step LF out, RF out

Kick & Point & Point & Kick & Kick, Out, Out, Heels, Toes, Heels

1 & 2 &	Kick LF fwd, Close LF next to RF, Point RF to R, Close RF next to LF
3 & 4 &	Point LF to L, Close LF next to RF, Kick RF fwd, Close RF to LF
5 & 6	Kick LF fwd, Step LF out, Step RF out
7 & 8	Swivel both heels in, Swivels both toes in, Swivel both heels in to finish with feet together (weight L)

Part B „ Step-Claps" - 16 Counts
Step Fwd, Touch w/ ¼ L & Claps (double then Single), Repeat

1 - 2	Step RF fwd, Touch LF next to Rf while turning ¼ L (3:00)
3 - 4	Step LF to L, Touch RF next to LF
5 - 8	Repeat ¼ (finish facing 12:00)

**Add double claps (above the shoulders on counts &2 and &6 and a single clap (belowe the waist) on counts 4 and 8

Rock Fwd, Recover, Triple ½ R, Step, Heel Bounce x 3 Turning ½ R

1 - 2	Rock RF fwd, Recover weight on LF
3 & 4	Step RF to R whileturning ¼ R, close LF next to RF, Step RF fwd turning ¼ R (6:00)
5 - 8	Step LF fwd, Bounce both heels x3 while slowly turning ½ R finishing weight back on LF (12:00)

Part C „Rules" - 32 Counts
Back, Touch,L Heel, Hold, Recover, Together, Hold & R & L Heel Jacks, Hold

& 1 - 2	Step back on RF, Touch L heel to L diagonal, hold
& 3 - 4	Recover weight onto LF, Close RF next to LF, hold
& 5 &	Step back on LF, touch R heel to R diagonal, Close RF next LF
6 & 7 - 8	Cross LF over RF, Step RF back, Touch LF to L, diagonal, hold

& Cross, Hold, & Behind, Hold, & Syncopated R Rocking Chair to L Diagonal, Sweep

& 1 - 2	Recover weight on LF, Cross RF over LF, Hold
& 3 – 4 &	Step LF to L, Cross RF behind LF, Hold, Step LF to L
5 & 6 &	Rock RF fwd on L diagonal, Recover weight on LF, Rock RF back, Recover weight on LF (10:30)
7 - 8	Step RF fwd while sweeping LF from back to front (squaring up to 12:00)

L Jazz Box w/1/4 L, Step, Pivot ½ R, Full Turn R

1 - 4	Cross LF over RF, Turn ¼ L while stepping back on RF, Step LF to L, Step RF fwd (9:00)
5 - 8	Step LF fwd, Pivot ½ R (3:00), Continue turning ½ R stepping LF back (9:00), RF fwd (3:00)

L Rocking Chair, Step Pivot ¾ R, Side L, Drag

1 - 4	Rock LF fwd (optional body roll), Recover weight on RF, Rock LF back, Recover weight RF
5 - 6	Step LF fwd, Pivot ¾ R (12:00)
7 - 8	Big step LF to L, Drag RF and touch next to LF

Part D „ Sways" - 16 Counts
¼ L Hip Push/Sway R, L, Syncopated R L R, Hip Sway L, R, Syncopated L R L

1 - 2	¼ Touching R toe to R and push/sway hips to R, L (keep weight L, 9:00)
3 & 4	Push hips R, L, R (finish with weight R)
5 - 6	Sway hips to L, R (keeping weight mostly R)
7 & 8	Sway L, R, L (finish with weight L)

Cross Rock, Recover, Chasse ¼ R, Step Pivot ½ R, run R L R

1 - 2	Rock over LF, Recover weight on LF
3 & 4	Step RF to R, Close LF next to RF, Step RF fwd turning ¼ (12:00)
5 - 6	Step LF fwd, Pivot ½ R (6:00)
7 & 8	Run fwd L, R, L

The Track is fun and peppy and I promise – the phrasing is very obvious in the Music.
Hope you enjoy – especially the hip pushes/sways section D