

# My Rules

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**Count:** 96      **Wall:** —      **Level:** Phrased Intermediate

**Choreographer:** Amy Glass (September 2018)

**Music:** "My Rules" by Jadagrace (3:03). iTunes

**#40 Count Intro; Dance starts on lyric "One". Phrasing: ABCDD ABCDD B BCDD DD**

## Part A—32 Counts

### A[1-8] Press R Fwd Recover, R Coaster, Step Pivot $\frac{3}{4}$ , 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  $\frac{3}{4}$  R (9:00)
- 7&8      Shift upper body to L, Recover to center, Shift weight to L hip

### A[9-16] Toe Strut, Cross Toe Strut, Rock R, Recover, Behind Side Cross

- 1-2      Touch R toe to R, Drop R heel (moving slightly to diagonal 10:30)
- 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 (squared up to 9:00)

### A[17-24] Step Drag, Ball Cross, $\frac{1}{4}$ R, Step Pivot $\frac{1}{2}$ , Kick Ball Change

- 1 2      Step big step to L, Drag R heel
- &3-4      Step on the ball of the RF, Cross LF over RF, Turn  $\frac{1}{4}$  R stepping fwd R (12:00)
- 5-6      Step LF fwd, Pivot  $\frac{1}{2}$  R (6:00)
- 7&8      Kick LF fwd, Step on ball of LF, Step RF next to LF

### A[25-32] 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 next to LF
- 5&6      Kick LF fwd, Step LF out, Step RF out

**7&8** Swivel both heels in, Swivel both toes in, Swivel both heels in to finish with feet together (weight L)

### **Part B—16 Counts “Step-Touches”**

#### **B[1-8] Step Fwd, Touch w/ $\frac{1}{4}$ L & Claps (Double then Single), Repeat**

**1-2** Step RF fwd, Touch LF next to RF while turning  $\frac{1}{4}$  L (3:00)

**3-4** Step LF to L, Touch RF next to LF

**5-8** Repeat counts 1 to 4 (finish facing 12:00)

**\*\* Add double claps above the shoulders on counts 2& and 6& and a single clap below the waist on counts 4 and 8**

#### **B[9-16] Rock Fwd, Recover, Shuffle $\frac{1}{2}$ R, Step, Heel Bounce x3 Turning $\frac{1}{2}$ R**

**1-2** Rock RF fwd, Recover weight on LF

**3&4** Step RF to R while turning  $\frac{1}{4}$  R, Close LF next to RF, Step RF fwd turning  $\frac{1}{4}$  R (6:00)

**5-8** Step LF fwd, Bounce both heels x 3 while slowly turning  $\frac{1}{2}$  R, finishing weight back on LF (12:00)

**\*Note—keep looking at 6:00 wall as long as possible to avoid turning too quickly to face 12:00**

### **Part C—32 Counts “Heels”**

#### **C[1-8] 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 to LF

**6&7&8** Cross LF over RF, Step RF back, Touch LF to L diagonal, Hold

#### **C[9-16] & 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)

**C[17-24] L Jazz Box w/ ¼ 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)

**C[25-32] 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—16 Counts “Hips”**

**D[1-8] ¼ L Hip Push/Sway R, L, Syncopated RLR, Hip Sway L, R, Syncopated LRL**

**1-2¼ L 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)

**\*\*Arms with sways: Arms bent at elbows and hands open moving same direction as hips**

**D[9-16] Cross Rock, Recover, Chasse ¼ R, Step Pivot ½ R, Run LRL**

1-2 Rock RF over LF, Recover weight on LF

3&4 Step RF to R, Close LF next to RF, Step RF fwd turning ¼ R (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)**

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