

## No Rules

64 count, 1 wall, improver level

Choreographer: Marie Norstedt and Elisabeth Lindqvist (Sweden) March 2007

Choreographed to: The Worrying Kind by The Ark (132 bpm)

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Intro: Stand facing 6 o'clock, main weight on Left foot, Left hand on waist, Right arm pointing in the air and feel the music for 16 counts and make a 1/2 turn right on left foot...

### 1-8 Chassé, back rock step, shuffle 1/2 turn, sailor step

- 1&2 R step to side, L step beside R, R step to side  
3-4 L rock back, recover onto right  
5&6 L 1/4 turn to right, R step beside L, L 1/4 to R  
7&8 R step behind L, L step to the side, R step in place

### 9-16 Jazzbox, kick ball step walk L,R

- 9-12 L cross over R, R step back, L step to left side, R step forward  
13&14 L kick forward, L step beside R, R step forward  
15-16 Walk L,R

### 17-24 Kick ball step, cross, side & 1/2 turn left, chassé, step turn

- 17&18 L kick forward, L step beside R, R step forward  
19-20 L cross over R, R step to side, 1/2 turn L  
21&22 L step to left, R step beside L, L step to side  
23-24 R step forward, 1/2 turn L (weight on L)

### 25-32 Shuffle 1/2 turn L, rock step, funny walks

- 25&26 R 1/4 turn to left, L step beside R, R 1/4 to L  
27-28 L rock back, recover on R  
29-32 Walk Forward L,R,L,R (with knees going out/in )  
(Make fun when you walk )

### 33-40 Shuffle, step & clap, step & clap, slap, touch

- 33&34 L step forward, R step beside L, L step forward  
35-36& Step R to side, Clap, L step beside R  
37-38 Step R to side, Clap  
39-40 L hook behind R and slap with R hand, touch L to side

### 41-48 Jazzbox, step 1/2 turn, step 1/4 turn

- 41-44 L cross over R, R step back, L step to L side. R step forward,  
45-46 L step forward, 1/2 turn R ( weight on R)  
47-48 Step L forward, 1/4 turn R ( weight on R)

### 49-56 Hop, clap, Hop, clap Toe strut

- &49-50 Jump forward L,R and clap  
&51-52 Jump back L,R and clap  
53-54 L Toe touch forward, step into left  
55-56 R Toe touch Forward, step into right

### 57-64& Heel switches, 1/4 step turn, cross shuffle, full turn

- 57&58& L heel forward, L step beside R, R heel forward, R step beside L  
59-60 L step forward, make a 1/4 turn to R ( weight on R)  
61&62 Cross L over R, step R to side, cross L over R  
63-64& Make a 1/4 turn L step R back, 1/2 turn L step L to side & 1/4 turn L on L foot

### Tag after 2<sup>nd</sup> wall (12 counts) and 4 wall (16 counts)

- 1-4 A long step to right and drag over 3 counts  
5-8 Walk L, R, L, R and face 6 o'clock (half turn)  
9-12(16) Strike a pose ( same as intro) main weight on L foot hold until music kicks in again and make a 1/2 turn right on left foot.  
Start the dance again The music will tell you....

Give it a try and Enjoy the dance for fun!

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