

# Rules of the Ocean

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**Count:** 54                      **Wall:** 4                      **Level:** Intermediate waltz

**Choreographer:** Stine Emilie Nøding Hansen (Norway, October 2011)

**Music:** "Rules of the Ocean" by Violet Road

## Dance: 2 wall turning into 4 wall....

### S1: Scissor steps X2

- 1-2            Step R to right side, step L next to R
- 3             Step R in cross over L
- 4-5           Step L to right side, step R next to L
- 6             Step L in cross over R

### (Counts 1-6 traveling forward)

### S2: Rock-recover, pivot $\frac{1}{4}$ , cross, pivot $\frac{1}{4}$ , rock

- 1             Rock R forward
- 2             Recover on L
- 3             Pivot  $\frac{1}{4}$  right stepping R to right side
- 4             Cross L behind R
- 5             Pivot  $\frac{1}{4}$  right stepping R forward (ending at 6 o'clock)
- 6             Rock L forward

### (Restart here in wall 5)

### S3: Recover, back, full turn, step, touch

- 1             Recover on R
- 2             Pivot  $\frac{1}{4}$  to right stepping L back
- 3             Pivot  $\frac{1}{4}$  to right stepping R forward
- 4             Step L forward and make a  $\frac{3}{4}$  turn to right on the L foot (ending at 9 o'clock)
- 5             Step R to right side
- 6             Touch L next to R

### (Restart here in wall 2)

#### **S4: Rocking chair X2**

- 1 Rock L forward
- 2 Recover on R
- 3 Rock L backward
- 4 Recover on R
- 5 Rock L forward
- 6 Recover on R

#### **S5: Full triple turn, step, drag, touch**

- 1 Pivot  $\frac{1}{2}$  turn left stepping forward on L
- 2 Pivot  $\frac{1}{2}$  turn left stepping backward on R
- 3 Pivot  $\frac{1}{2}$  turn left stepping forward on L (ending at 3 o'clock)
- 4 Step R diagonally forward to right
- 5 Drag L
- 6 Touch L next to R

#### **(Bridge in wall 7)**

#### **S6: Rock-recover, 2X $\frac{1}{8}$ turn, cross, pivot $\frac{1}{4}$**

- 1 Rock diagonally forward to left on L (still at 3 o'clock)
- 2 Recover on R
- 3 Pivot  $\frac{1}{8}$  turn to right stepping L back
- 4 Pivot  $\frac{1}{8}$  turn to right stepping R to side (6 o'clock)
- 5 Cross L over R
- 6 Pivot  $\frac{1}{4}$  turn to left stepping R back (3 o'clock)

#### **S7: Pivot $\frac{1}{4}$ , cross, pivot $\frac{1}{4}$ , pivot $\frac{1}{4}$ , cross, rock**

- 1 Pivot  $\frac{1}{4}$  to left stepping L to side (12 o'clock)
- 2 Cross R over L
- 3 Pivot  $\frac{1}{4}$  to right stepping L back (3 o'clock)
- 4 Pivot  $\frac{1}{4}$  to right stepping R forward (6 o'clock)
- 5 Cross L over R

6 Rock R to right side

**S8: Recover, pivot  $\frac{1}{4}$ , pivot  $\frac{1}{4}$  , step-lock-step**

- 1 Recover on L
- 2 Pivot  $\frac{1}{4}$  to right stepping R back (9 o'clock)
- 3 Pivot  $\frac{1}{4}$  to right crossing L over right (12 o'clock)
- 4 Step R forward
- 5 Lock L behind R
- 6 Step R forward

**S9: Step, pivot  $\frac{1}{2}$ , step, big sweep, touch**

- 1 Step L forward
- 2 Pivot  $\frac{1}{2}$  to right stepping onto R (6 o'clock)
- 3 Step L forward
- 4-5 Sweep R behind to front
- 6 Touch R next to L

**REPEAT**

**Restart 1: Wall 2, section 3 (After 18 counts)**

**S3R: Recover, back, turn, step, drag, step**

- 1 Recover on R
- 2 Pivot  $\frac{1}{4}$  to right stepping L back
- 3 Pivot  $\frac{1}{4}$  to right stepping R forward
- 4 Step L forward and make a  $\frac{3}{4}$  turn to right on the L foot
- 5 Step R to right side
- 6 Step L next to R (Restart here)

**Restart 2: Wall 5, section 2 (after 12 counts)**

**Rock-recover, pivot  $\frac{1}{4}$  right, cross, pivot  $\frac{1}{4}$  right, step**

- 1 Rock R forward
- 2 Recover on L
- 3 Pivot  $\frac{1}{4}$  right stepping R to right side

- 4 Cross L behind R
- 5 Pivot  $\frac{1}{4}$  right stepping R forward
- 6 Step L forward (Restart here)

### **BRIDGE : Wall 7:**

**Dance the dance normally up 'til section 5:**

### **S5B: Full triple turn, step, sweep**

- 1 Pivot  $\frac{1}{2}$  turn left stepping forward on L
- 2 Pivot  $\frac{1}{2}$  turn left stepping backward on R
- 3 Pivot  $\frac{1}{2}$  turn left stepping forward on L
- 4 Step R diagonally forward to right
- 5-6 Sweep L

**Then:**

### **Basic steps**

- 1 Step L forward
- 2 Step on ball of R
- 3 Step down on L
- 4 Step R back
- 5 Step on ball of L
- 6 Step down on R

**Then wait, as he just sung.**

**He will then sing**

**“Yet I go down with a smile on my face”**

**On “down” continue the dance from section 6:**

### **S6: Rock-recover, 2X $\frac{1}{8}$ turn, cross, pivot $\frac{1}{4}$**

- 1 Rock forward on L
- 2 Recover on R
- 3 Pivot  $\frac{1}{8}$  turn to right stepping L back

- 4 Pivot 1/8 turn to right stepping R to side
- 5 Cross L over R
- 6 Pivot ¼ turn to left stepping R back

**Keep dancing as normal until the end of the song ;)**

**ENJOY!**