

# Drop the Rules

Niels Poulsen (DK): [nielsbp@gmail.com](mailto:nielsbp@gmail.com)

December 2023



Type of dance: 64 counts, 2 walls, int/adv cha cha  
 Music: **Chain Reaction (radio edit)** by Michael Canitrot. 126 bpm. Track length: 3.14. Buy on iTunes etc.  
 Intro: 32 counts from beginning of track. App. 15 secs. into track. Start with weight on L foot  
 3 restarts: 1<sup>st</sup> and 2<sup>nd</sup> on walls 2 and 4 after 32 counts, facing 12:00. 3<sup>rd</sup> on wall 5 after 48 counts, facing 12:00

Counts	Footwork	End facing
<b>1 – 9</b>	<b>Rock R fwd, recover sweep, back pop, L step lock step, fwd R, ¼ spiral L, L chassé</b>	
1 – 3	Rock R fwd (1), recover on L sweeping R to R side (2), step back on R popping L knee (3)	12:00
4&5	Step L fwd (4), lock R behind L (&), step L fwd (5)	12:00
6 – 7	Step R fwd (6), spiral ¾ L on R (7)	3:00
8&1	Step L to L side (8), step R next to L (&), step L to L side (1)	3:00
<b>10 – 17</b>	<b>Cross, L side rock, piqué ¼ R, full turn R, ¼ R side L, behind side cross</b>	
2 - 3 - 4	Cross R over L (2), rock L to L side (3), recover on R turning ¼ R and hitching L knee (4)	6:00
5 - 6 - 7	Turn ½ R stepping back L (5), turn ½ R stepping R fwd (6), turn ¼ L stepping L to L side (7)	9:00
8&1	Cross R behind L (8), step L to L side (&), cross R over L (1)	9:00
<b>18 – 25</b>	<b>Side L, 1/8 R into R back rock, fwd R, L rock fwd, chasse 3/8 L</b>	
2 – 4	Step L to L side (2), turn 1/8 R rocking back on R (3), recover on L (4)	10:30
5 - 6 - 7	Step R fwd (5), rock L fwd R (6), recover back on R (7)	10:30
8&1	Turn 1/8 L stepping L to L side (8), step R next to L (&), turn ¼ L stepping L fwd (1)	6:00
<b>26 – 32</b>	<b>Step ½ L, lock ½ L, L back rock, fwd L</b>	
2 – 3	Step R fwd (2), turn ½ L stepping fwd on L (3)	12:00
4&5	Turn ¼ L stepping R to R side (4), cross L over R (&), turn ¼ L stepping back on R (5)	6:00
6 - 7 - 8	Rock L back (6), recover on R (7), step L fwd (8) ... <i>Restart here on walls 2 &amp; 4, facing 12:00</i>	6:00
<b>33 – 41</b>	<b>R side rock, cross, L chassé, Hold, ball cross 1/8 R, R step lock step</b>	
1 – 3	Rock R to R side (1), recover on L (2), cross R over L (3)	6:00
4&5	Step L to L side (4), step R next to L (&), step L a big step to L side (5)	6:00
6&7	Hold and drag R towards L (6), step R next to L (&), turn 1/8 R stepping L fwd (7)	7:30
8&1	Step R fwd (8), lock L behind R (&), step R fwd (1)	7:30
<b>42 – 48</b>	<b>L rock fwd, 3/8 L fwd, paddle 1/8 L X 2</b>	
2 - 3 - 4	Rock L fwd (2), recover back on R (3), turn 3/8 L stepping L fwd (4)	3:00
5 – 6	Step R fwd rolling hips anticlockwise (5), turn 1/8 L stepping onto L still rolling hips (6)	1:30
7 – 8	Step R fwd rolling hips anticlockwise (7), turn 1/8 L stepping onto L still rolling hips (8) ... <i>Restart here on wall 5, facing 12:00</i>	12:00
<b>49 – 57</b>	<b>Fwd R, Hold, ball step LR, L mambo step, point R back, ½ R, L step lock step</b>	
1, 2&3	Step R fwd (1), Hold (2), step L next to R (&), step R fwd (3)	12:00
4&5	Rock L fwd (4), recover back on R (&), step back on L (5)	12:00
6 – 7	Point R backwards (6), turn ½ R stepping down on R (7)	6:00
8&1	Step L fwd (8), lock R behind L (&), step L fwd (1)	6:00
<b>58 – 64</b>	<b>Hold, R lock step, R mambo step, slide, &amp; back rock R, recover L</b>	
2&3	Hold (2), lock R behind L (&), step L fwd (3)	6:00
4&5	Rock R fwd (4), recover back on L (&), step R a big step back (5)	6:00
6	Slide L towards R (6)	6:00
&7 – 8	Step L next to R (&), rock back on R (7), recover on L flicking R backwards (8)	6:00
<b>START AGAIN</b>		
<b>Ending</b>	Finish wall 7 (starts at 6:00). Stomp fwd on R on very last beat. You're facing 12:00 again 😊	12:00