

Rebel Heart

COPPERKNOB
STEPPERS

拍數: 48 牆數: 2 級數: Phrased Intermediate
編舞者: Todd Lescarbeau (USA) - January 2017
音樂: Road Less Traveled - Lauren Alaina : (Album: Road Less Traveled)



#8 count intro start with vocals

Section A (32 counts)

[1 – 8] □□ ROCK, RECOVER, COASTER STEP, ¾ PADDLE STEP, KICK

1, 2 3&4 Rock forward onto R, recover onto L, Step back on R, Step back on L, Step forward on R
5&6&7 8 Turn ¼ to left stepping on L, Quickly step ball of R beside L, Repeat two more times, Kick forward for count 8. (you will end this section facing 3:00)

(*optional hand movements Left hand out as if holding the reigns of a horse, slap side of thigh in Giddy-up fashion)

[9-16] □□ CROSS, BACK, STEP-CROSS, STEP, ½ TURNING SAILOR STEP, CAMEL WALK

1,2&3,4 Cross step R over L, Step back (diagonally) on L, Quickly step R beside L, Cross step L over R. Step R side.
5&6, 7,8 Step L behind starting a ½ turn Left. continue to turn stepping R to side, finish ½ turn stepping L to side. Now facing 9:00, Step forward on R bending L knee, step forward on L bending R knee. (your feet should slide slightly forward with this movement.)

[17 – 24] ROCK FORWARD, RECOVER, ½ SHUFFLE, BRUSH TOE FORWARD, BACK, SHUFFLE FORWARD

1,2 3&4 Rock forward on R, Recover onto L, Turn ½ to right as you shuffle forward RLR
5,6, 7&8 Brush L toe forward, Brush L toe back and across R shin (like a hook), Shuffle Forward LRL

[25 – 32] CROSSING ROCK, RECOVER, CROSSING-ROCK, RECOVER. WALK AROUND

1&2 3&4 Cross-rock R over L, Recover onto L, Step R to side, Cross-rock L over R, Recover onto R, Step L to side.
5,6,7,8 Walk around (you will be making a ¾ turn counter-clockwise) stepping R,L,R,L (You will now face 6:00)

Section B (16 counts)

[1 – 16] □□ HEEL-FLICK, SHUFFLE, CROSS-ROCK, RECOVER, ¼ TURN, ¼ TURN

1,2 3&4 Tap R heel out to side, flick R toe behind L, Shuffle sideways RLR
5,6, 7,8 Cross-rock L over R, recover onto R, Step into a ¼ turn left on L, turn ¼ to left as you step R beside L

1,2 3&4 Tap L heel out to side, flick L toe behind R, Shuffle sideways LRL
5,6 7&8 Cross-rock R over L, recover onto L, Step into a ¼ turn right on R, turn ¼ right as you step L beside R

*Choreography note: When choreographing this dance, I added different hand movements for fun ie. When she sings about riding into battle, I held left hand out to hold the reigns of a horse and slap my thigh/butt for the paddle turn simulating a galloping horse. When she says “put your hands up”, I put my hands up. Remember, Dancing should be fun, not so complicated that you are stressed out-- Feel the music, dance the dance!

Dance sequence is as follows: AAA-B-AAA-BB-A to end. Have Fun & enjoy!

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