

Rebel Heart

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Maureen Jones (UK) & Michelle Jones (UK)
音樂: Rebel Heart - The Corrs



Sequence: AB AC AB AC AC AC

PART A

ROCK WITH FLICK, REVERSE SHUFFLE, ROCK WITH HOOK, FORWARD SHUFFLE

1&2 Rock forward on right, flick left behind right, recover back on left
3&4 Step back on right, step left beside right, step back on right
5&6 Rock back on left, hook right across left, recover forward on right
7&8 Step left forward, step right beside left, step left forward

BRUSHES FORWARD & BACK, BACK, POINT, FLICK, LEFT

9-10 Brush right forward, brush right back and across left
11-12 Brush right forward, brush right back
13-14 Take long step back on right, point left to left
15-16 Flick left behind right (option: turn head to the right), take long step left on left (head returns to front)

SAILOR STEP, SAILOR STEP WITH ¼ TURN, SAILOR STEP, SAILOR STEP WITH ¼ TURN

17&18 Step right behind left, step left to left, step right to right
19&20 Make ¼ turn left and step left behind right, step right to right, step left to left
21&22 Step right behind left, step left to left, step right to right
23&24 Make ¼ turn left and step left behind right, step right to right, step left to left

STOMP, HEEL RISE, HEEL TWISTS, REVERSE TRAVELING HEEL SWITCHES

25-26 Stomp right forward, raise right heel
27&28& Twist right heel left, center, left, center
29&30& Touch right heel forward, step back on right, touch left heel forward, step back on left
31&32& Touch right heel forward, step back on right, touch left heel forward, step back on left

TOUCH, HEEL-CROSS-HEEL, TOUCH, HOOK WITH ¼ TURN, SHUFFLE, STOMP

33-34& Touch right toe to left in-step (right knee towards left knee), touch right heel in front of left toe (right toe angled towards 2:00), touch right toe back and across left
35-36 Touch right heel in front of left toe (right toe angled towards 2 o' clock), touch right toe to left in-step (right knee towards left knee)
37-38& Making ¼ turn right hook right across left, step right forward, step left beside right
39-40 Step right forward, stomp left beside right

TOE-STRUT, HEEL & TOE TAPS, TOE-STRUT, HEEL & TOE TAPS

41-42 Step right toe forward, drop right heel to floor
43&44 Tap left toe behind right heel, raise and tap right heel to floor, tap left toe behind right heel
45-46 Step left toe forward, drop left heel to floor
47&48 Tap right toe behind left heel, raise and tap left heel to floor, tap right toe behind left heel

MODIFIED SYNCOPATED VINE: TWICE

49-50 Step right to right, step left behind right
&51-52 Step right small step diagonally back right (use as a 'push-off' step), step left diagonally forward left, step right forward and across left (towards 10:00)
53-54 Step left to left, step right behind left

&55-56 Step left small step diagonally back left (use as a 'push-off' step), step right diagonally forward right, step left forward and across right (towards 2:00)

HEEL GRIND WITH ¼ TURN, COASTER STEP, HEEL GRIND WITH ¼ TURN, COASTER STEP WITH ¼ TURN

57-58 Grind right heel forward and make ¼ turn right, step back on left
59&60 Step right back, step left beside right, step right forward
61-62 Grind left heel forward and make ¼ turn left, step back on right
63&64 Step left back, step right beside left, making ¼ turn left step left forward

PART B

STOMP-UP TWICE

65-66 Stomp-up right beside left twice

PART C

HEEL & TOE SWITCHES, STEP, DRAG, STOMP TWICE

65&66& Touch right heel forward, step right beside left, touch left toe back, step left beside right
67&68 Touch right heel forward, step right beside left, touch right toe back
69-71 Take long step left on left, drag right to meet left over 2 counts
&72 Stomp right twice beside left (weight ends on right)

HEEL & TOE SWITCHES, STEP, DRAG, STOMP TWICE

73&74& Touch left heel forward, step left beside right, touch right toe back, step right beside left
75&76 Touch left heel forward, step left beside right, touch right toe back
77-79 Take long step right on right, drag left to meet right over 2 counts
&80 Stomp left twice beside right (weight ends on left)
