

# Rebel Heart

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**Count:** 48                      **Wall:** 2                      **Level:** Phrased Intermediate

**Choreographer:** Todd Lescarbeau (1/19/2017)

**Music:** "Road Less Traveled" by Lauren Alaina (Album: same title)

## #8 count intro start with vocals

### Section A (32 counts)

#### [1 - 8] ROCK, RECOVER, COASTER STEP, $\frac{3}{4}$ 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  $\frac{1}{4}$  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, $\frac{1}{2}$ 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  $\frac{1}{2}$  turn Left. continue to turn stepping R to side, finish  $\frac{1}{2}$  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, $\frac{1}{2}$ SHUFFLE, BRUSH TOE FORWARD, BACK, SHUFFLE FORWARD

- 1,2 3&4** Rock forward on R, Recover onto L, Turn  $\frac{1}{2}$  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  $\frac{3}{4}$  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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