

Our Rebel Heart (P)

COPPER KNOB
STEPPERS

拍數: 32

牆數: 0

級數: Intermediate Pattern Partner Circle
Dance



編舞者: Barb Monroe (USA) & Dave Monroe (USA) - February 2017

音樂: Road Less Traveled - Lauren Alaina

Alt. music: Baby Let's Lay Down and Dance by Garth Brooks
East Coast Swing Rhythm

Start: Sweetheart position facing LOD, footwork is the same except where noted.

Shuffle forward, Rock, Recover (Lady ½ turn), Slide side, Shuffle side

- 1&2 Shuffle forward L, R, L
- 3-4 Man: Rock forward R, recover L (bringing R arm over lady's head as she turns)
- 3-4 Lady: Step forward R, turn ½ turn L weight on L (facing BLOD)
- 5-6 Both slide side R slightly, step L beside R (now face to face with partner) (drop R arms)
- 7&8 Shuffle side R, L, R (join L hands as you shuffle side)

(NOTE: partners can clap each others hands on count 6)

Rock back, Recover, Shuffle side, Rock back, Recover (Lady ½ turn), Shuffle forward

- 1-2 Rock back on L, recover R
- 3&4 Shuffle side L, R, L (connect R arm to R arm) (man on ILOD and lady on OLOD)
- 5-6 Man: Rock back R, recover L (bring R arm to lady's R shoulder as she turns)
- 5-6 Lady: Step forward R (to BLOD), turn ½ turn L weight on L (facing LOD)
- 7&8 Both shuffle forward (to LOD) R, L, R (reconnect L arms)

Shuffle side, Rock, Recover, Shuffle side, Rock, Recover

- 1&2 Shuffle side L, R, L
- 3-4 Rock back on R, recover on L
- 5&6 Shuffle side R, L, R
- 7-8 Rock back on L, recover R

Walk, Walk, Shuffle, Walk, Walk, Shuffle (optional full turn)

- 1-2 Walk forward L, R
- 3&4 Shuffle forward L, R, L
- 5-6 Walk forward R, L
- 7&8 Shuffle forward R, L, R

(optional full turn(s) for the lady or both on last 8 counts)

Begin Again

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