

The Defenders

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Johnny Montana (USA)

Musik: The Great Defenders - Lee Greenwood



This dance is dedicated to Charlie & Gerry Jines for their love of the U.S.A. and their devotion to Country music

WALK, WALK, BALL-CHANGE, WALK

- 1-2 Step forward onto right foot, step forward onto left foot
&3-4 Step onto sole of right foot slightly back, step forward onto left foot, step forward onto right foot

STEP, ½ TURN, STEP, BACK (BASICALLY A ROCK, STEP)

- 5-6 Step forward onto left foot, make a ½ turn pivot to right (to the right) and place weight on right foot
7-8 Step forward onto left foot, step back onto right foot

BACK, TOGETHER, FORWARD, BRUSH

- 9-10 Step back onto left foot, step onto right foot next to left
11-12 Step forward onto left foot, brush right foot

CROSS, BACK, TOGETHER, CROSS

- 13-14 Cross right over left and step, step back onto left foot
15-16 Step onto right foot next to left, cross left over right and step

SIDE, BEHIND, HEEL JACK, BALL-CROSS

- 17-18 Step to right side onto right foot, cross left behind right and step
&19 Step to right side onto right foot, touch left heel diagonally left
&20 Step onto left foot next to right, cross right over left and touch

UNWIND, ROCK, RECOVER

- 21-22 Unwind 1 / 2 turn to left keeping weight on left foot
23-24 Cross right over left and step (rock), step back onto left foot (recover)

SHUFFLE ¼ TURN, SHUFFLE ½ TURN

- 25&26 Shuffle to right side (right, left, right) making a ¼ turn to right
27&28 Shuffle (left, right, left) making a ½ turn to right

ROCK, RECOVER, KICK-BALL-STEP

- 29-30 Step back onto right foot (rock), step forward onto left foot (recover)
31&32 Kick right foot forward, step forward onto sole of right foot, step forward onto left foot

REPEAT

Optional arm movements

During the portion of the song where Lee sings "Army, Navy, Air Force, Marines you will be walking forward to restart the dance. Extend arms (fists clenched) upwards on counts 1 and 3. On count 8 you will be stepping back when the chorus sings "hooaah" pull right elbow back (fist clenched) like you were jerking something towards you

RESTART

There is a 16 count instrumental while doing the 4th wall. Do the first 16 counts of the dance stepping forward on count 16 (rather than crossing) and restart

