

Fighter

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 2 级数: High Intermediate
编舞者: Cody James Lutz (USA) - February 2017
音乐: The Fighter (feat. Carrie Underwood) - Keith Urban



#32 Count Intro.

(1-8) WALK (x2), SIDEROCK, BALL-CROSS, 1 1/4-TURN BACK SHUFFLE

- 1 2 Step forward on R, step forward on L (12)
&3 4 Rock R to R side, step ball of L next to R, cross R over L (12)
5 6 Make a 1/4 turn R stepping back on L, make a 1/2 turn R stepping R forward (9)
7&8 Make a 1/2 turn R stepping back on L, step R together with L, step back on L (3)

(9-16) BACK ROCK/LOOK-BACK, RECOVER, FULL-TURN, SHUFFLE, SIDEROCK, BALL-CROSS

- 1 2 Rock back on R turning head to look behind, recover weight to L bringing head forward (3)
3 4 Make a 1/2 turn L stepping back on R, make a 1/2 turn L stepping L forward (3)
5&6 Step forward on R, step L together with R, step R forward (3)
7&8 Rock L to L side, step ball of R next to L, cross L over R (3)

(17-24) 3/4-TURN SWEEP, BEHIND-SIDE-CROSS, OUT, BEHIND, SIDEROCK, BALL-CROSS

- 1 2 Make a 1/2 turn L stepping back on R while sweeping L around, continue sweeping left making a 1/4 turn L (6)
3&4 Step L behind R, step R to R side, cross L over R (6)
5 6 Step R to R side, step L behind R (6)
7&8 Rock R to R side, step ball of L next to R, cross R over L (6)

(Note: Counts 1-2 is one fluid sweep front-to-back with your left foot as you pivot on your R foot)

(25-32) SIDE-POINTS/PUNCHES, FULL-TURN, CROSSROCK, RECOVER, COASTER

- 1&2 Point L to L side, step L next to R, point R to R side (6)
3 4 Step R toe behind L, perform a full unwind on R toe stepping down on R (6)
5 6 Cross rock L over R, recover weight to R (6)
7&8 Step back on L, step R together with L, step forward on L (6)

(Note: On Count 1 as you point your foot, punch your L fist to R side. On Count 2, punch your R fist to L side)

(33-40) CRANE, PUSH-DOWN, POINTS, STEP-BEHIND, FULL-UNWIND, POINT, STEP-BEHIND

- &1 2 Step forward on R, hitch L knee while extending both arms to side with wrists bent, step forward on L (6)
3 4 Point R to R side with both arms straight out to each side, step R behind L touching hands behind head (6)
5 6 Perform a full unwind R on R toe, stepping down on R (6)
7 8 Point L to L side extending L arm straight to L side, step L behind R bringing arms in front stacked R over L (6)

(Note: Count 1 resembles the crane pose in 'The Karate Kid'. On Count 2, push your hands down with open palms as if pushing your knee down. On Counts 35-42, whenever arms are pointed to the side, hands should be extended flat with palms facing downward)

(41-48) OUT & POINT (x2), ARM WINDUP, FLEX, PUNCH DOWN (x2), ZIPPER-PULL

- 1 2 Step R to R side extending R arm straight to R side, step L to L side extending L arm to L side (6)
3 Close both fists and bring them together in front of body in a circular motion from below, together, up, down (6)
4 Perform front double-bicep pose with both biceps flexed horizontally to the side (6)

- 5 6 Punch R fist down popping R knee inward and lowering body, punch L fist down popping L knee inward (6)
- 7 8 Reach your R hand behind your neck as if grabbing the tag of your shirt, pull R hand upward bringing both feet together (try not to jump)* (6)

(Note: Exaggerate the out-steps on Counts 1-2 to widen your stance, giving yourself room for the inward knee-pops on Counts 5-6. On Count 3, circle your fists in front of your body down, inward, up and dropping directly into the bicep pose. On Count 8, it should feel like you're "zipping yourself up" by pulling up on your zipper or shirt-tag)

(49-56) □ SYNCOPATED WEAVE, 1 1/4 -TURN, COASTER

- 12&34 Step R to R side, step L behind R, step R to R side, cross L over R, step R to R side (6)
- 5 6 Perform a 1/2 turn L stepping L to L side, perform a 3/4 turn L stepping back on R (3)
- 7&8 Step back on L, step R together with L, step forward on L (3)

(57-64) KICKSTEP, LOCKSTEP, KICKSTEP, LOCK, 3/4-UNWIND, CHASE TURN

- 1&2& Kick R forward, step down on R, lock L behind R, step forward on R (3)
- 3&4 Kick L forward, step down on L, step R toe behind L (3)
- 5 6 Unwind 3/4 R on R toe, stepping down on R, (12)
- 7&8 Step forward on L, pivot 1/2 turn R on ball of R, step forward on L (6)

***There is one easy Restart, on Wall 3 after 48 counts. After the zipper-pull, Restart.**
