

The Fighter

COPPER **NOB**
BY STEPHEN METZ

拍数: 32 墙数: 2 级数: Improver
编舞者: Laurie Schlekeway-Burkhardt (USA) & Joey Westorvoorde (USA) - June 2017
音乐: The Fighter (feat. Carrie Underwood) - Keith Urban



No Tags Or Restarts

Right Toe Touch, Right Step, Left Toe Touch Left Step, Right Kick Ball Change 2 Times

- 1-4 – Touch right toe slightly forward (1) and at the same time push your left elbow out to left side, step right foot down (2), touch left toe slightly forward (3) and at the same time push your right elbow out to right side, step left foot down (4)
- 5-8 – Kick right foot forward (5), step right foot in place (&), step left down in place (6), Repeat 5-6

Two ¼ Pivot Turns, Step Right Forward, Scoot Left Foot Behind Right, Shuffle Right

- 1-4 – Sep right foot slightly forward (1) and pivot ¼ turn to the left, step down on left (2). Repeat (3-4). So you are facing the back wall (6 o'clock).
- 5-8 – Start making a ¼ turn to the right as you step right foot forward (5) (facing 9 o'clock), scoot left foot up behind right (6), Shuffle forward right, left, right (7&8)

Rock, Recover, Triple Half Turn, Triple Half Turn, Coaster Step

- 1-4 – Rock forward on left (1), recover back on right (2), triple step making a half turn over the left shoulder left, right, left (3&4)
- 5-8 – Continue with another triple half turn over left shoulder right, left, right (5&6) so that you ultimately made a full turn using triple steps, coaster step – step left slightly back (7), step right foot in place (&), step left foot slightly forward (8)

Hip Grind To Right, Hip Grind To Left, Syncopated Rock Recover Toe Touch, Walk, Walk

- 1-4 – Step on right and grind hips to the right (1), touch left heel to left side (2), Step on left and grind hips to the left (3), touch right heel to right side
- 5-8 – Jump back on right (&), touch left heel out front (5), jump left back to center (&), touch right toe center (do NOT put your weight down on right foot) (6), walk forward right (7), walk forward left (8)

Start Over

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