

Champion

拍数: 88 墙数: 2 级数: Intermediate
编舞者: Trizia Ruggiero (UK) - January 2018
音乐: The Champion (feat. Ludacris) - Carrie Underwood



Intro: 16 counts - Begin on word "Last"

S1: OUT /OUT/COASTERS

1-2 Step R out- step L out
3&4 Step back on R- 3-step weight onto L-&- replace weight onto R
5-6 Step L out- Step R out
7&8 step back on L-7- step weight onto R-&- replace weight onto L

S2: CROSS/POINTS- CROSS &CROSS& CROSS /STOMP

1-2 Cross R over L -point L to side
3-4 Cross L over R-point R to side
5&6&7 Cross R over L -5, replace weight onto L -&, cross R over L-6, - replace weight onto L-&, Cross R over L-7
8 Stomp L beside R

S3: OUT/OUT/ COASTERS

1-2 Step L out-step R out
3&4 step back L -3 step weight onto R-& - replace weight onto L
5-6 Step R out- step L out
7&8 step back on R -7 step weight onto L-&- replace weight onto R

S4: CROSS/POINTS- CROSS & CROSS & CROSS/ STOMP

1-2 Cross L over R-Point R to side
3-4 Cross R over L- point L to side
5&6&7 Cross L over R-5 -replace weight onto R-& - cross L over R-6-replace weight onto R-& Cross L over R-7
8 Stomp R beside L

S5: RUMBA BOX

1-2 Step R to side -step L beside R
3-4 Step R back- step L beside R
5-6 Step L to side - step R beside L
7-8 Step L forward- step R beside L

S6: POINTS/CROSS UNWIND 3QUARTER TURN

1-2 Point R toe forward- point R toe to side
3-4 Point R toe forward- point R toe to side
5-8 cross R over L making slow 3 quarter turn over L shoulder 3.00

S7: ROCK/HALFTURN SHUFFLES

1-2 Rock forward on R-replace weight onto L
3& 4 Half turn -shuffle forward on R
5-6 Rock forward on L- replace weight onto R
7&8 Half turn- shuffle forward on L

S8: SKATES / DIP& BUMPS

1-4 Skate forward R-L-R-L
5-6 Bend knees in a dip- bump R hip to R side

7-8 Bend knees in a dip- bump L hip to L side

S9 & S10 REPEAT S7 & S8

S11: REPEAT S6

END OF DANCE

TAG – OCCURS AT THE END OF WALL 2

SIDE /TOUCHES

1-2 Step R to side – touch L beside R

3-4 Step L to side- touch R beside L

5-6 Step R to side- touch L beside R

7-8 Step L to side – touch R beside L

RESTART DANCE- dancing S1- S4 INCLUSIVE

THEN DANCE- S1& S2 again

THEN DANCE –S7 –END X3

ENDING [4 COUNTS]

1-2 Step back R- step back L

3-4 Step R out- step L out

OPTIONAL – Raise one arm up with fist clenched on final count.

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