

The Champion

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate / Advanced
编舞者: Michael Diven (USA) - February 2018
音乐: The Champion (feat. Ludacris) - Carrie Underwood



Count In: 16 counts from start of track. Start dance on "I'll be the last one standing...."

Choreographer's Note: This dance is choreographed for those who are fighting cancer. Although I have survived this awful disease, there are still many more fighting for their lives. They are the true "Champions".

Walk, Walk, Rock, Recover, ¼ Turn, Cross Step, ¼ Turn, ¼ Turning Sailor Step

- 1-2 Walk right foot forward, walk left foot forward
3&4 Rock forward on right foot, recover weight back on left, pivot ¼ turn right stepping right foot to right side
5-6 Cross step left foot over right, pivot ¼ turn left stepping back on right foot
7&8 Pivot ¼ turn left stepping back on left foot, step right foot to right side, step left foot slightly forward

Restart here on wall 4

Rock, Recover, Rock, Recover, ¼ Turn Cross, ¾ Turn Step

- 1&2 Rock forward on right foot, recover weight back on left foot, step right foot next to left foot
3&4 Rock back on left foot, recover weight back to right foot, step left foot slightly forward
5&6 Step forward on right foot, pivot ¼ turn left stepping left foot to left side, cross step right over left
7&8 Pivot ¼ turn left stepping back on left foot, pivot ¼ turn left stepping right foot to right side, pivot ¼ turn left stepping left foot forward

Restart here on walls 2, 6, 8 & 10

V Step, Locking Shuffle Back, ¼ Turn, ½ Turn, Weave

- 1-2 Step forward at a right diagonal, step forward at a left diagonal
(Punch right fist forward, then punch left fist forward)
3&4 Step back on right foot, lock left foot across right, step back on right foot
5 Pivot ¼ turn left stepping left foot to left side
6 Pivot ½ turn left stepping right foot to right side
7&8 Step left foot behind right foot, step right foot to right side, step left foot across right foot

Rock, Recover, Weave, Cross Step, ¼ Turn, Chase Turn, Step

- 1-2 Rock right foot to right side, recover weight back to left foot
3&4 Step right foot behind left, step left foot to left side, step right foot across left
&5 Step left foot to left side, cross step right over left
6 Pivot ¼ turn left stepping forward on left foot
7&8& Step forward on right foot, pivot ½ turn left keeping your weight on left foot, step forward on right foot, step left foot next to right

Start Again.....and have fun!

Last Update – 7th Feb. 2018