

Champion

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Sobrielo Philip Gene (SG), Carlton Thompson (USA), Rebecca Lee (MY), Jaime Aceves (USA) & Natasha Murty - September 2019
音乐: Champion (feat. Tia Ray) - Jason Derulo



Restarts: 1

[1-8]: Cross Rock, Side Rock, Cross shuffle, Side Rock Cross, Ball Cross, 1/4 Turn Right

1&2& Cross rock right over left (1), recover left (&), rock right to right (2), recover left (&)
3&4 Step cross right over left (3), step left to left (&), step cross right over left (4).
5&6 Rock left to left (5), recover weight on right (&), cross step left over right (6).
&7-8 Step right slightly to right (&), cross step left over right (7), Make 1/4 turn right by stepping forward on right ft. (3:00) (8).

[9-16]: Rocking Chair, Hip Roll, Step, Rocking Chair, Step, 1/4 Turn Left

1&2& Rock left forward (1), Recover back on right (&), Rock left back (2), Recover forward on right (&)
3&4 Step left forward as you roll your hips (3&), place weight on left (4).
5&6& Rock right foot forward (5), recover back on left (&), rock right foot back (6), recover forward on left (&)
7-8 Step forward right (7), pivot 1/4 turn left with right knee pop (placing weight onto left ft. (12:00) (8).

[17-24]: Step, Together, Chasse Right, Sailor Step, 1/4 Turn Right Coaster Step

1-2 Step right to right (1), step left beside right (2).
3&4 Step right (3), Step left beside right (&), step right to right (4).
5&6 Step left behind right (5), step right slightly to right (&), Step left to left side (6).
7&8 Step right behind left (7), Make 1/4 turn right left beside right (&), step right forward. (3:00) (8).

[25-32]: Hip Roll, Step-Lock-Step, Rock Back, Recover, Walk, Walk

1-2 Push left hip forward (optional body roll) (1), Recover back on right ft. (2).
3&4 Step left back (3), Lock right in front of left (&), Step left back (2).
5-6 Rock right back (5), Recover forward on left (6).
7-8 Walk right forward, walk left forward. (Optional: Full Turn Left leading with right foot)

Restart on Wall 3 after 16 counts.