

# Champions

**COPPER** **KNOB**  
BY SHEETS

拍数: 32      墙数: 2      级数: Intermediate / Advanced  
编舞者: Magali CHABRET (FR) - October 2019  
音乐: Champions - James Blunt : (CD: Once Upon A Mind)



#8 counts intro / 67 bpm

## S1 – SIDE, ARMS MVT, CROSS, MODIFIED BASIC NC, ¼ TUN R, SIDE, STEP, L TRIPLE FULL TURN, RONDE

- 1 Step Rf to side, bend left arm close to the body and pull the elbow backwards, at the same time raise right arm vertically, both fists closed
- 2 Cross Lf over Rf, release left arm and lower right arm with elbow slightly back
- 3&4 Step Rf to side – step Lf behind Rf – cross Rf over Lf
- 5&6 Turn 1/4 right stepping Lf back – step Rf slightly to side – step Lf forward (3:00)
- 7&8 Turn 1/2 left stepping Rf back – turn 1/2 left stepping Lf forward – step Rf forward (3:00)
- & Make a Rondé with left leg from back to front

## S2 – DIAMOND SHAPE ¼ TURN L, BACK, SIDE, CROSS, UNWIND FULL TURN R, SWEEP, BEHIND, ¼ TURN L

- 1&2 Cross Lf over Rf – step Rf to right side – turn 1/8 left stepping Lf back (1:30)
- 3&4 Step Rf back – turn 1/8 left stepping Lf to left side – cross Rf over Lf (12:00)
- 5&6 Recover onto Lf back – step Rf to side – cross Lf over Rf
- 7 Unwind full turn right keeping weight on Lf, then sweep Rf from front to back (12:00)
- 8& Step Rf behind Lf – turn 1/4 left stepping Lf forward (9:00)

## S3 – 1 ½ TURN L, COASTER STEP, DRAG, WALK, WALK, HITCH, BEHIND, SIDE, CROSS, LEG SWING

- 1&2 Turn 1/2 left stepping Rf back – turn 1/2 left stepping Lf forward – turn 1/2 left stepping Rf back (3:00)
- 3&4 Step back on ball of Lf – close Rf next to Lf – step Lf forward and drag Rf towards Lf
- 5& Step Rf forward – step Lf forward
- 6& Hitch right knee – open right knee to right pointed to R figure 4
- 7&8 Step Rf behind Lf – step Lf to left side – cross Rf over Lf, facing 1:30
- & Hitch left knee (1:30)

## S4 – BACK ROCK, 1/8 TURN R, SAILOR ¼ TURN R, CROSS, 1/8 TURN L, FULL TURN L, 2 WALKS FWD, OUT OUT

- 1&2 Rock back on Lf – recover onto Rf - turn 1/4 right stepping Lf to left side (4:30)
- 3&4 Step ball of Rf behind Lf – turn 1/4 right stepping Lf to left side – cross Rf over Lf (7:30)
- 5&6 Turn 1/8 left stepping Lf forward – turn 1/2 left stepping Rf back – turn 1/2 left stepping Lf forward (6:00)
- 7& Step Rf forward – step Lf forward (option advanced : full turn L)
- 8& Step Rf out to right diagonal – step Lf out to left side

Tag at the end of wall 2, facing 12:00 :

## S1 – SIDE, ARMS MVT, CROSS, MODIFIED BASIC NC R & L, PIVOT ½ TURN L TWICE

- 1 Step Rf to side, bend left arm close to the body and pull the elbow backwards, at the same time raise right arm vertically, both fists closed
- 2 Cross Lf over Rf, release left arm and lower right arm with elbow slightly back
- 3&4 Step Rf to side – step Lf behind Rf – cross Rf over Lf
- 5&6 Step Lf to side – step Rf behind Lf – cross Lf over Rf
- 7&8& Step Rf forward – pivot 1/2 turn left – step Rf forward – pivot 1/2 turn left (12:00)

« Croquez la vie à pleines danses ! » Magali Chabret - [galicountry76@yahoo.fr](mailto:galicountry76@yahoo.fr) - [www.galichabret.com](http://www.galichabret.com)

Fiche originale de la chorégraphe. Merci de ne pas modifier ces pas de quelque manière que ce soit.

---