

Survivor Fight Song

COPPER KNOB
BY STEPHENETS

拍數: 200
編舞者: Bev Meyer - January 2016
音樂: Fight Song - Rachel Platten

牆數: 1

級數: Phrased Beginner



Comment: This dance is written for various stages of cancer survivors to dance together in solidarity.

Start: 8 count intro - Sequence A,B,A,C,D

PART A (80 counts)

AS1: Rock Right, Cha Cha Cha, Rock Left, Cha Cha Cha

1-4 Rock right to right side, recover on left, triple in place right, left, right

5-8 Rock left to left side, recover on right, triple in place left, right, left

AS2: Rock Forward Right, Cha Cha Cha, Rock Back Left, Cha Cha Cha

1-4 Rock forward right, recover on left, triple in place right, left, right

5-8 Rock back left, recover on right, triple in place left, right, left

AS3 & AS4: REPEAT SECTION AS1 AND AS2

AS5: Cross Rock Right, Shuffle Right, Cross Rock Left, Shuffle Left

1-4 Cross right over left, recover on left, side shuffle, right, left, right

5-8 Cross left over right, recover on right, side shuffle, left, right, left

AS6: REPEAT SECTION AS5

AS7: Step Forward Right (with fist), HOLD, Step Forward Left (with fist), HOLD, Step Forward Right (with fist), HOLD, Step Forward Left (with fist), HOLD

1 2 Step forward right with right hand fist and left hand on left hip, HOLD

3 4 Step forward left with left hand fist and right hand on right hip, HOLD

5 6 Step forward right with right hand fist and left hand on left hip, HOLD

7 8 Step forward left with left hand fist and right hand on right hip, HOLD

AS8: Step Back Right Shuffle, Step Back Left Shuffle, Step Back Right Shuffle, Step Back Left Shuffle

1&2 Step back right, recover left, right

3&4 Step back left, recover right, left

5&6 Step back right, recover left, right

7&8 Step back left, recover right, left

AS9 & AS10: REPEAT SECTIONS AS7 AND AS8

PART B (12 counts)

BS1: Forward Right Point, Side Right Point, Cha Cha Cha, Forward Left Point, Side Left Point, Cha Cha Cha

1 2 Right forward point, right side point

3&4 Step in place right, left, right

5 6 Left forward point, left side point

7&8 Step in place left, right, left

BS2: Forward Step Right, ½ Pivot (turning left), Forward Step Right ½ Pivot (turning left)

1 2 Step right forward, ½ pivot left

3 4 Step right forward, ½ pivot left

PART C (28 counts)

CS1: Forward Right Point, Side Right Point, Cha Cha Cha, Forward Left Point, Side Left Point, Cha Cha Cha

1 2 Right forward point, right side point
3&4 Step in place right, left, right
5 6 Left forward point, left side point
7&8 Step in place left, right, left

CS2: REPEAT SECTION CS1

CS3: Forward Step Right, ½ Pivot, Forward Step Right ½ Pivot

1 2 Step right forward, ½ pivot left
3 4 Step right forward, ½ pivot left

CS4: Right Jazz Box, Right Jazz Box

1-4 Right step over left, left step back, right step to side, left step in place
5-8 Right step over left, left step back, right step to side, left step in place

PART D (80 counts)

DS1: Rock Right, Cha Cha Cha, Rock Left, Cha Cha Cha

1-4 Rock right to right side, recover on left, triple in place right, left, right
5-8 Rock left to left side, recover on right, triple in place left, right, left

DS2: Rock Forward Right, Cha Cha Cha, Rock Back Left, Cha Cha Cha

1-4 Rock forward right, recover on left, triple in place right, left, right
5-8 Rock back left, recover on right, triple in place left, right, left

DS3 & DS4: REPEAT SECTION DS1 AND DS2

PAUSE "MAKE AN EXPLOSION" (cross arms with fists, bend knees and circle arms out)

DS5: Step Forward Right (with fist), HOLD, Step Forward Left (with fist), HOLD, Step Forward Right (with fist), HOLD, Step Forward Left (with fist), HOLD

1 2 Step forward right with right hand fist and left hand on left hip, HOLD
3 4 Step forward left with left hand fist and right hand on right hip, HOLD
5 6 Step forward right with right hand fist and left hand on left hip, HOLD
7 8 Step forward left with left hand fist and right hand on right hip, HOLD

DS6: Step Back Right Shuffle, Step Back Left Shuffle, Step Back Right Shuffle, Step Back Left Shuffle

1&2 Step back right, left, right
3&4 Step back left, right, left
5&6 Step back right, left, right
7&8 Step back left, right, left

DS7 & DS8: REPEAT SECTION DS5 AND DS6

DS9: Forward Right Point, Side Right Point, Cha Cha Cha, Forward Left Point, Side Left Point, Cha Cha Cha

1 2 Right forward point, right side point
3&4 Step in place right, left, right
5 6 Left forward point, left side point
7&8 Step in place left, right, left

DS10: Forward Step Right, ½ Pivot (turning left), Forward Step Right ½ Pivot (turning left), Right Jazz Box

1 2 Step right forward, ½ pivot left
3 4 Step right forward, ½ pivot left
5-8 Right step over left, left step back, right step to side, left step in place

Step right forward and raise both arms in FIGHT position
