

The Fighter

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Noel Bradey (AUS) & Michael Vera-Lobos (AUS) - June 2016
音樂: The Fighter (feat. Carrie Underwood) - Keith Urban : (Album: Ripcord)



Original Position: Feet Together, Weight on Left foot

Dance Starts: On Lyrics after 32 Count Introduction

Section 1: 1/2 Turn Monterey, Side, Rock, Cross, Side, 1/2 Hinge, Kick Fwd, Kick Side

1,2 Touch R toe to right side, Drag R in to step beside L as you turn 180° right (6:00)
3&4 Rock/step on L to left side, Replace weight to R, Cross/step L over R
5,6,7,8 Step on R to right side, Hinge/turn 180° left stepping L to left side, Kick R fwd, Kick R to right side (12:00)

Section 2: Behind, 1/4, 1/2, 1/4, Cross, Replace, Side, Cross

&1,2,3 Cross/step R behind L, Turn 90° left to step L fwd, Turn 180° left to step R back, Turn 90° left to step L to left
4&5,6 Cross/rock R over L, Replace weight to L, Step R to right, Cross/step L over R
7,8 Stepping on R to right side sway hips R, L

Section 3: 1/8 Turn Rock Back, Replace, Beside, Fwd, Fwd, 1/2 Kick, Back Coaster, 1/8 Side

1,2&3,4 Turn 45° right rocking back onto R, Replace weight to L, Step on R Beside L, Step L fwd, Step R fwd (1:30)
5 Keeping weight on R turn 180° left to kick L fwd (7:30)
6&7 Step L back, Step on ball of R beside L, Step L fwd
8 Turn 45° left stepping R to right side (6:00)

Section 4: L Sailor, Behind, 1/4 Fwd, Full Turn Forward, Shuffle Fwd

1&2 Cross/step L behind R, Step on ball of R to right side, Replace weight to L
3,4 Cross/step R behind L, Turn 90° left stepping L fwd (3:00)
5,6 Turn 180° left stepping R back, Turn 180° left stepping L fwd (3:00)
7&8 Step R fwd, Step on ball of L beside R, Step R fwd

Section 5: Back, Back, 1/2, 1/2, 1/4, Samba, Cross/Step

1,2,3,4 Step L back, Step R back, Turn 180° left stepping L fwd, Turn 180° left stepping R back (3:00)
5 Turn 90° left stepping L to left side (12:00)
6&7,8 Cross/step R over L, Step on ball of L to left side, Replace weight to R, Cross/step L over R

Section 6: Hip Sway, Side Shuffle, 1/2 Hinge Hip Sway, Replace, 1/2 Hinge, Cross

1,2 Stepping R to right side sway hips R, L
3&4 Step R to right side, Step on ball of L beside R, Step on R to right side
5,6 Hinge/Turn 180° right stepping L to left side as you sway hips L, R (6:00)
7&8 Replace weight to L, Hinge turn 180° right stepping R to right side, Cross/step L over R (#) (12:00)

Section 7: Side, Replace, Cross, 1/4, Toe Back, Reverse Pivot, Mambo 1/2 Turn, 1/4 Side

1&2 Rock/step on R to right side, Replace weight to L, Cross/step R over L
3,4,5 Turn 90° right stepping L back, Touch R toe straight back, Reverse pivot 180° right (wt R) (9:00)
6&7,8 Rock/step fwd onto L, Replace weight to R, Turn 180° left stepping L fwd, Turn 90° left step R to right (12:00)

Section 8: Sailor, Behind, 1/4 Fwd, Fwd, 1/2 Pivot, Full Turn Fwd

- 1&2,3,4 Cross/step L behind R, Step on R to Right, Replace wt to L, Cross/step R behind L, Turn 90°
left step L fwd,
- 5,6 Step R fwd, Pivot turn 180° left (wt L) (3:00)
- 7,8 Turn 180° left stepping R back, Turn 180° left stepping L fwd (3:00)

Restart dance in new direction

Restart: Wall 3 – Dance to Count 48 (#) and Restart from beginning (you will be facing back wall)
