

The Fighter

拍數: 32 牆數: 2 級數: Improver
編舞者: Karolina Ullénstäv (SWE) - October 2017
音樂: The Fighter (feat. Carrie Underwood) - Keith Urban



Intro 32 counts, BPM 132

Restart in wall 6 after 16 counts

Section 1: Steps right and left with touch, turn ¼ right, step right and touch, turn ¼ left, step left and touch

- 1 RF step right
- 2 LF touch beside RF
- 3 LF step left
- 4 RF touch beside LF
- 5 Turn ¼ right and step RF right (facing 03.00)
- 6 LF touch beside RF
- 7 Turn ¼ left and step LF left (facing 12.00)
- 8 RF touch beside LF

Section 2: Steps forward, scuff, LF rock step forward, recover, turn ½ left, LF step forward, RF step in place

- 1 RF step fwd
- 2 LF step beside RF
- 3 RF step fwd
- 4 LF scuff
- 5 LF rock step fwd
- 6 RF recover
- 7 Turn ½ left and step LF fwd (facing 06.00)
- 8 RF step in place

Section 3: Kick ball cross, long step right, touch, full turn left, touch

- 1 RF kick fwd slightly diagonal right
- & RF step in place
- 2 LF cross step over RF
- 3 RF long step right
- 4 LF touch beside RF
- 5 LF step ¼ left (facing 03.00)
- 6 RF step ½ left back (facing 09.00)
- 7 Turn ¼ left and step LF left (facing 06.00)
- 8 RF touch beside LF

Section 4: Twist body slightly to right and step RF back slightly behind LF, recover, turn ¼ left and step RF right, LF touch. Twist body slightly to left and step LF back slightly behind RF, recover, turn ¼ right and step LF left, RF touch.

- 1 Twist body slightly to right and step RF back slightly behind LF
- 2 LF recover
- 3 Turn ¼ left and step RF right (facing 03.00)
- 4 LF touch beside RF
- 5 Twist body slightly to left and step LF back slightly behind RF
- 6 RF recover
- 7 Turn ¼ right and step LF left (facing 06.00)
- 8 RF touch beside LF

In this dance please use your arms to keep the balance in the dance moves. It will look good too!

Look at the dance demo video and you will know what I mean!

Have Fun!

Last Update - 24th Jan. 2018
