

# The Champion

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate / Advanced  
編舞者: Michael Diven (USA) - February 2018  
音樂: The Champion (feat. Ludacris) - Carrie Underwood



Count In: 16 counts from start of track. Start dance on "I'll be the last one standing...."

**Choreographer's Note:** This dance is choreographed for those who are fighting cancer. Although I have survived this awful disease, there are still many more fighting for their lives. They are the true "Champions".

## Walk, Walk, Rock, Recover, ¼ Turn, Cross Step, ¼ Turn, ¼ Turning Sailor Step

- 1-2            Walk right foot forward, walk left foot forward  
3&4           Rock forward on right foot, recover weight back on left, pivot ¼ turn right stepping right foot to right side  
5-6           Cross step left foot over right, pivot ¼ turn left stepping back on right foot  
7&8           Pivot ¼ turn left stepping back on left foot, step right foot to right side, step left foot slightly forward

**Restart here on wall 4**

## Rock, Recover, Rock, Recover, ¼ Turn Cross, ¾ Turn Step

- 1&2            Rock forward on right foot, recover weight back on left foot, step right foot next to left foot  
3&4            Rock back on left foot, recover weight back to right foot, step left foot slightly forward  
5&6            Step forward on right foot, pivot ¼ turn left stepping left foot to left side, cross step right over left  
7&8            Pivot ¼ turn left stepping back on left foot, pivot ¼ turn left stepping right foot to right side, pivot ¼ turn left stepping left foot forward

**Restart here on walls 2, 6, 8 & 10**

## V Step, Locking Shuffle Back, ¼ Turn, ½ Turn, Weave

- 1-2            Step forward at a right diagonal, step forward at a left diagonal  
**(Punch right fist forward, then punch left fist forward)**  
3&4            Step back on right foot, lock left foot across right, step back on right foot  
5              Pivot ¼ turn left stepping left foot to left side  
6              Pivot ½ turn left stepping right foot to right side  
7&8            Step left foot behind right foot, step right foot to right side, step left foot across right foot

## Rock, Recover, Weave, Cross Step, ¼ Turn, Chase Turn, Step

- 1-2            Rock right foot to right side, recover weight back to left foot  
3&4            Step right foot behind left, step left foot to left side, step right foot across left  
&5            Step left foot to left side, cross step right over left  
6              Pivot ¼ turn left stepping forward on left foot  
7&8&          Step forward on right foot, pivot ½ turn left keeping your weight on left foot, step forward on right foot, step left foot next to right

**Start Again.....and have fun!**

**Last Update – 7th Feb. 2018**