

The Champion

拍數: 128 牆數: 1 級數: Phrased Advanced
編舞者: Gemma Ridyard (UK) - March 2018
音樂: The Champion by Carrie Underwood



Sequence ABC+ bridge AB CC -16 D C C bridge
Dance Starts facing 6 o'clock

Part A

A1: Ball 1/2 turn R, side, heel heel drag close with clap, step arm styling, push back L leg

- &1 2 step LF back (&) make a 1/2 turn over the R shoulder step RF forward (1) step LF to L side (2) (12 o'clock)
- 3&4 twist R heel toward L side as you bend R elbow at waist height palm facing ceiling (3) twist L heel to L side as you clap L hand to R hand still at waist height (&) drag LF to ward RF and close as you Paul both hands in toward stomach (4)
- 5&6 step RF to R side as you bring both arms up to shoulder height with wrists above elbows (showing off your biceps) (5) bend both knees and drop wrists under elbows and head down (&) head looks up (6) - note weight starts forward on R leg
- 7-8 push back on to LF as you start to through both arms forward (bear hug) (7) drag RF toward LF (8)

A2: Grapevine R with knee pop, grapevine L with knee pop, pencil turn, salute, dip with arm drop

- 1&2 step RF to R side (1) cross LF behind RF (&) step RF to R side as you pop L knee
- 3&4 step LF to L side (1) cross RF behind LF (&) step LF to L side as you pop R knee
- 5-6 step RF making a 1/4 turn L as you touch L toe next to R making a 3/4 turn R (5) (12 o'clock) step LF to L side bringing R hand to at eye brown in a salute (6)
- 7-8 bending both knees and dropping R hand down toward R ankle as L Arm extends up and away from the L hand side of the body (8) (think of this as a melting action and interrupt it as you feel it)

A3: LF to L diagonal press and slide, run back R L 1/4, shoulder shoulder push with drag, pencil turn

- 1&2 stepping LF forward to diagonal (11:30) opening through the chest into a forward contract elbows press wide (1) rock weight back into RF contract the chest back bringing arms forward (&) take a big step forward with the LF opening through the chest and drawing arms back and down (2)
- 3&4 travelling back on the diagonal still facing 11:30 step RF back (3) step LF back (&) make a 1/4 turn R stepping RF to R side to face 1.30 (4)
- 5&6 touch R hand to L shoulder (5) touch R hand to R shoulder (&) push R hand down R side of the body dragging LF to meet RF touch (6)
- 7-8 make an 1/8 turn R step RF forward (7) completing a full pencil turn L touch R toe next to LF

A4: Step lock step, step lock step, 4 x walk round in a circle

- 12& step RF forward to diagonal as you start to sweep LF behind RF (1) cross LF behind RF (2) step RF forward to diagonal (&)
- 34& step LF forward to diagonal as you start to sweep RF behind LF (1) cross RF behind LF (2) step LF forward to diagonal (&)
- 5-8 4 x walks round in a circle - RLRL

Part B : 16 counts (facing 12 o'clock)

B1: Serpiente: step R sweep L, cross L, step R, behind L, sweep R, behind R, side L

- 1-2 step RF forward (1) sweeping LF from back to front (2)
- 3-4 cross LF over RF (3) step RF to R side (4)
- 5-6 cross LF behind RF (5) sweep RF from front to back
- 7-8 cross RF behind LF, step LF to L side

B2: Step RF forward, hold with arm line, spiral full turn L, full turn doing 2x slow walks & 3x runs

- 1-2 step RF (1) hold push R arm forward and upward (2)
3-4 make a spiral full turn L keeping weight on RF LF hooked in front of R shin (3,4)
5-6 beginning a full turn over the L shoulder 2 x slow walks L and then R (5-6)
7&8 completing the full turn runaround LRL (7&8)

Part C 32 counts (16 counts repeated twice)

C1: Press press step touch, Press press step touch

- 1-2 press RF to R (weight stays on L) (1), press RF to R (weight stays on L) (2)

counts 1-2 shoulders pop up and down

- 3-4 step RF to R side (3) touch L toe to RF (4)
5-6 press LF to L (weight stays on R) (5), press LF to L (weight stays on R) (6)

counts 1-2 shoulders pop up and down

- 7-8 step LF to L side (7) touch R toe to LF (8)

C2: Point step and point step, rolling vine L

- 1-2 point R to to R side (lean upper body To L) (1) step RF down (lean upper body to R) (2)
&34 close LF to RF (&) point R to to R side (lean upper body To L) (3)) step RF down (lean upper body to R) (4)
5-6 make a 1/4 turn L step LF forward (5) make a 1/2 turn L step back on RF (6)
7-8 make a 1/4 turn L step LF to L side (7) touch R toe next to LF (8)

*** Restart here**

C3: Press press step touch, Press press step touch

- 1-2 press RF to R (weight stays on L) (1), press RF to R (weight stays on L) (2)

counts 1-2 shoulders pop up and down

- 3-4 step RF to R side (3) touch L toe to RF (4)
5-6 press LF to L (weight stays on R) (5), press LF to L (weight stays on R) (6)

counts 1-2 shoulders pop up and down

- 7-8 step LF to L side (7) touch R toe to LF (8)

C4: Point step and point step, rolling vine L full turn, half turn

- 1-2 point R to to R side (lean upper body To L) (1) step RF down (lean upper body to R) (2)
&34 close LF to RF (&) point R to to R side (lean upper body To L) (3)) step RF down (lean upper body to R) (4)
5-6 make a 1/4 turn L step LF forward (5) make a 1/2 turn L step back on RF (6)
7-8 make a 1/4 turn L step LF to L side (7) touch R toe next to LF (8)

C+

alternative step make 1/2 turn L step RF to R side (8) (6 o'clock)

Bridge : 8 counts

- 1-4 reach both arms forward and up above head fingers splayed
5-8 pull both arms down clenching fists

Part D - 24 counts - repeated

D1: Ball cross step, punch punch close, head drop, press LF touch

- &12 step down on LF (&) cross RF over LF (1) step LF to L side (2)
3&4 punch R arm forward and down (3) punch L arm forward and down (&) close LF to RF straight R arm to R side at shoulder height and bend L elbow and shoulder height bringing L fist to L shoulder
&56 bend R elbow bringing R fist to R shoulder (&) drop head and arms down (5) lift head (6)
7-8 press L toe forward (7) touch L toe next to RF (8)

D2: Hitch L, hitch R, Step heel toe, hitch R, hitch L, step heel toe

- 1&2& hitch L knee (1) step LF next to RF (&) hitch R knee (2) step RF next to LF (&)

3&4 step LF to L side (3) twist R heel toward LF (&) twist R toe toward LF (4)
5&6& hitch R knee (5) step RF next to LF (&) hitch L knee (6) step LF next to RF (&)
7&8 step RF to R side (7) twist L heel toward RF (&) twist L toe toward RF (8)

D3: 4x step back with hitches

1-2 step LF back (1) hitch R knee (2)

3-4 step RF back (3) hitch L knee (4)

5-6 step LF back (1) hitch R knee (2)

7-8 step RF back (3) hitch L knee (4)

*** Repeat the above 24 counts to complete D but closing LF to RF ready to begin part C with the RF**
