

The Champion

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Angel Orcutt (USA) - January 2020
音樂: The Champion (feat. Ludacris) - Carrie Underwood



(1 – 4) Turning Vine to the Right with a clap

1, 2, 3, 4, ¼ step Right Foot, ¼ Pivot right onto Left Foot, Spinning on Left foot turning backwards over Right shoulder ½ pivot turn & land on Right foot, touch Left foot next to Right foot.

(5 – 8) Turning Vine to the Left with a clap

5, 6, 7, 8, ¼ step Left Foot, ¼ Pivot left onto Right Foot, Spinning on Right foot turning backwards over Left shoulder ½ pivot turn & land on Left foot touch Right

(1 -4) Cross Right Foot over Left Foot & Knee Pop, Right Coaster Step

1, 2, 3&4, Cross RF over LF & bend both knees while lifting both heels, Bring Right foot back, bring Left next to Right, bring Right foot forward.

(5 – 8) Cross Left Foot over Right Foot & Knee Pop, Left Coaster Step

5, 6, 7&8, Cross Left foot over Right foot, bend both knees while lifting both heels, bring Left foot back, bring Right foot back, bring Left foot forward

(1 – 4) Right Lock step, Left lock step

1&2, 3&4, Right foot steps forward, bring Left foot behind Right foot placing weight on Left toes & step Right foot forward again. Repeat foot work with Left foot leading.

(5 – 8) Right Mambo, Walk back Left, Right

5&6, 7,8, Press Right foot forward & return next to left foot putting your weight on it. Step Left foot back, step Right foot back

(1 – 4) Left Coaster step, Right Lock step

1&2, 3&4, Bring Left foot back, bring Right foot next to Left foot, bring Left foot forward again. Step Right foot forward, collect Left foot behind Right foot placing weight on Left toes, step Right foot forward again.

(5 – 8) ½ Pivot Chase turn, Full Forward turn

5&6, 7&8, Step Left foot forward ½ pivot around, step Right & step forward Left. While switching feet from Right, Left, Right, spin in a full circle.

(1 -4) Left Rock & Cross, Right Rock & Cross

1&2, 3&4, Weighted on Right foot, rock weight side Left recover weight to Right foot & cross Left foot over Right & weight your left foot, with weight on Left foot, rock weight onto Right foot, recover onto Left foot & cross Right foot over Left & weight your Right foot.

(5 – 8) Left Mambo, Sweep back Right, Sweep back Left

5&6, 7,8, Press Left foot forward & return next to Right foot, Take Right toes forward and draw a ½ circle as your bring Right toes behind & step onto Right foot, repeat on Left foot.

RESTART HERE ON WALL 2

(1 – 4) Right Back Lock step, Left Back Lock step

1&2, 3&4, Bring Right foot behind Left foot & moving backwards crossing Left foot in front of Right foot, moving backwards Left, Right, Left. Repeat leading Left behind.

(5 – 8) Right Sailor ½ turn, Left Sailor ¼ Turn

5&6, 7&8, Cross Right toes behind Left foot, weighting on Right toes turn over Right shoulder ½ turn Right & recover weight onto Left foot, step forward Right. (Weight change on this is Right, Left, Right.) Next, Cross Left toes behind Right foot & do a ¼ turn over Left shoulder and transfer weight Right & then Left.

Restart on wall 2 after 40 counts

Choreographer notes: This Dance is meant to be done with high energy & a little hip hop attitude. For any questions or concerns contact Angel Orcutt at Coloradospringslinedancing@gmail.com

Last Update – 8 Feb. 2020
