

Warrior

拍數: 32 牆數: 4 級數: Intermediate / Advanced
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - May 2013
音樂: Warrior - Demi Lovato



Start after 20 count intro – [177 bpm – 3mins 52secs]

[1-8] R NC basic, ½ L with sweep into R cross shuffle, L sweep into L cross shuffle to the diagonal, 5/8 L pivot

- 1-2& Step R side, L back rock, recover weight on R
- 3 Turning ¼ left on left foot sweep R from back to front turning an additional ¼ left on L (6 o'clock)
- 4&5 Cross step R over L, step L side, cross step R over L & sweep left foot from back to front
- 6&7 Cross step L over R, step R side, cross step L over R (ending with body facing diagonal) (7 o'clock)
- 8& Step R forward, pivot 5/8 left (12 o'clock)

[9-16] Walk fwd x3 with attitude, ¼ R pivot turn & cross, L full reverse turn, L back rock/recover

- 1-3 Step R forward, step L forward, step R forward (with style)
- 4&5 Step L forward, pivot ¼ right, cross step L over R (3 o'clock)
- 6&7 Turning ¼ left step R back, turning ½ left step L forward, turning ¼ left step R side (3 o'clock)
- 8& Rock L back, recover weight on R

[17-25] L NC basic, R side & L sweep over, L cross, R back, ¼ L & L fwd, L full turn forward, ½ R chase turn

- 1-2& Step L side, rock R back, recover weight on L
- 3 Step R side (dragging L towards R)
- 4&5 Cross step L over R, step R back, turning ¼ left step L forward (extended 5th) (12 o'clock)
- 6&7 Turning ½ left step R back, turning ½ left step L forward, step R forward (12 o'clock)
- 8&1 Step L forward, pivot ½ right, step L forward (extended 5th) (6 o'clock)

[26-32] ½ L, ½ L, ½ L, L coaster, R fwd, ¼ R pivot turn/cross

- 2&3 Turning ½ left step R back, turning ½ left step L forward, turning ½ left step R back (12 o'clock)

Less turning option: 2&3: Turning ½ left step R back, step L back, step R back (12 o'clock)

- 4&5 Step L back, step R together, step L forward
- 6 Step R forward
- 7&8 Step L forward, pivot ¼ right, cross step L over R (3 o'clock)

AT THE END OF WALL 1 ADD THE FOLLOWING 6 COUNT TAG:

- 1-2& R NC basic
- 3-4& ¼ L & L fwd, R fwd, pivot ¾ left
- 5-6 Step right sway R, sway L drawing R toes in (restart facing 3 o'clock)

WALL 2 RESTART: After 18& counts (restart facing 6 o'clock)

AT THE END OF WALL 3 ADD THE FOLLOWING 4 COUNT TAG:

- 1-2& R NC basic
- 3-4& ¼ L & L fwd, R fwd, pivot ¾ left (restart facing 9 o'clock)

AT THE END OF WALL 4 ADD THE FOLLOWING 2 COUNT TAG:

- 1-2 Sway R, sway L drawing R toes in (restart facing 12 o'clock)

WALL 5 RESTART: After 18& counts (restart facing 3 o'clock)

WALL 9 ENDING: After 16& counts music slows. Dance the following (facing 3 o'clock)

1-4 Turning $\frac{1}{4}$ left step L forward (12 o'clock), hold, cross R over L, unwind full turn L in slower tempo.

The End.

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