

# 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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