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| --- | --- |
| The Champion |  |

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| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Intermediate / Advanced | . |
| **Choreographer:** | Michael Diven (USA) - February 2018 | | | | |
| **Music:** | 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**