

Fighter

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Sarah Fairclough
音樂: Fighter - Christina Aguilera



SAILOR STEP, TWO BODY PUMPS

1&2 Cross right behind left, step left to left side, step right to place
3&4 Two body pumps to right diagonal corner

Body pumps are where you push your chest out and bring it back in

5&6 Cross left behind right, step right to right side, step left to place
7&8 Two body pumps to left diagonal corner

MASH POTATO STEPS BACK (OR JUMPS BACK)

&1&2& Cross right behind left, cross left behind right (swinging feet so it flows)
3&4& Cross right behind left, again cross right behind left
5&6& Cross right behind left, cross left behind right
7&8 Cross right behind left and again cross right behind left

Alternative:

&1&2& Hop back right, hop back left
3&4& Hop back right, hop back right again
5&6& Hop back right, hop back left
7&8 Hop back right, hop back right

If you keep swinging your feet it allows the dance to flow

COASTER STEP, HITCH, SLAP

1&2 Left steps back, right steps by left, left steps forward
3&4a S you hitch your right leg up, your right hand goes palm side to right cheek (like a swift slap) making head turn to left (on the & count) and finally your head comes back to center on 4.
Hand then comes off cheek
5&6 Right steps back, left steps by right, right steps forward
7&8 As you hitch your left leg up, your left hand goes palm side to left cheek (like a swift slap) making head turn to right (on the & count) and finally your head comes back to center on 8.
Hand then comes off cheek

CHARLESTON STEP, KNEE POPS MAKING ¼ TURN

1-2 Step left in place, touch right back
3-4 Step right in place, touch left forward
5-6 Step left in place, touch right back
7&8 Right knee pops or turns in, out, in making a ¼ turn right, weight stays on left

TWO JAZZ BOXES, TOUCHES

1&2 Cross right over left, step left back, step right next to left
3&4 Cross left over right, step right back, step left next to right
5&6& Touch right heel forward step in place, touch left heel forward step in place
7&8& Touch right heel forward, bring right heel across in front of shin, touch right heel forward, step right in place

TOUCHES, STOMPS, KNEE POPS

1& Touch left heel forward, step in place
2& Touch right heel forward, step in place
3&4& Touch left heel forward, bring left heel across in front of shin, touch left heel forward, step in place

5-6 Stomp right in place, stomp left in place

7&8 Right knee turns in (towards left knee) and out (sharp)

Alternative to count 7&8: right leg turns in and swings round into beginning of dance

REPEAT
