Undefeated



拍數: 64 編數: 4 級數: Easy Intermediate

編舞者: Michael Diven (USA), Frank Trace (USA) & Amy Christian (USA) - September

2013

音樂: Undefeated - Jason Derulo



Intro: 32 count intro. Start on the lyrics.

This dance was choreographed especially for a benefit in McKeesport, Pennsylvania known as Dance All Day. The event was created to raise money for the Kristy Lasch Miracle Foundation, www.kristylasch.org and we wanted to come up with something special for such a great cause, . It was the event's fifth year and we felt we needed to do something special. We would like to send out a special thanks to everyone who attended this event and helped make it a huge success. We hope you enjoy the dance.

Kick, Triple 3/4, Kick, Triple 1/2

1-4 Kick R fwd (torque upper body slightly left), Triple ¾ turn right, (R,L,R,) [9:00] 5-8 Kick L fwd (torque upper body slight right), Triple ½ turn left, (L,R,L,) [3:00]

Rock Forward, Recover, Big Step Back, Together, Rocking Chair

1-4 Rock fwd on R, Recover back on L, Big step back on R, Step L next to R

5-8 Rocking Chair (Optional arm part - Both arms go out to side and flow like wings)

*Restart happens here on Wall 3.

Cross, ¼ Turn, ¼ Turn, Point, ¼ Turn, ¼ Sweep, Cross, Back

1-2 Cross R over L, ¼ Turn right stepping back on L [6:00]

5-6 ¼ Turn left stepping down on L [6:00], Sweep R out making a ¼ turn left [3:00]

7-8 Cross R over L, Step back on L

1/4 Step, Touch, 1/4 Step, Touch, Cross Rock, Ball, Cross, Side

1-2 ¼ Turn right stepping R to right side, Touch L next to R [6:00]
3-4 ¼ Turn left stepping L forward, Touch R next to L [3:00]

5-6 Cross R over L, recover back on L

& Step R next to L

7-8 Cross L over R, Step R to right side (**Dance ends here – see notes below)

L Sailor, ¼ R Sailor, Side & Double Bump Left, Double Bump Right

1&2 Sailor Step (L,R,L)

3&4 Sailor Step with a ¼ turn right (R,L,R) [6:00]

Step L slightly forward, as you Double bump left (weight ends on L)
 Step R slightly forward, as you Double bump right (weight ends on R)

Weave, Touch, Step, 1/4 Turn, Walk, Walk

1-2 Step L in front of R, step R foot to right side3-4 Step L behind R, touch R toe to right side

5-8 Step R behind L, step L a 1/4 turn left, step forward R, L [3:00]

Touch Steps, Jazz Box w/ Cross Over

Touch Steps - Touch R fwd, Side, Back, Side
 Jazz box in place ending with L crossed over R

Rock, Recover, Weave Left, 1/4 Right, 1/4 Right, Step

1-2 Rock R to right side, recover onto L

3-5 Step R behind L, step L to side, step R over L

6-7 Turn 1/4 right by stepping back on L, turn 1/4 right by stepping side on R [9:00]

8 Step L next to R

Start over!

**The Ending – Your last wall begins facing 9:00. Dance 32 counts into the dance [12:00], then just add one more count,.... Step L to left side, bringing both hands up in a fist. R Hand is higher than L Hand, (in a Boxer's pose). And HOLD!

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