

# The Champion

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** Intermediate / Advanced

**Choreographer:** Michael Diven (February 2018)

**Music:** "The Champion" - Carrie Underwood (feat. Ludacris)

**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,  $\frac{1}{4}$  Turn, Cross Step,  $\frac{1}{4}$  Turn,  $\frac{1}{4}$  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  $\frac{1}{4}$  turn right stepping right foot to right side
- 5-6** Cross step left foot over right, pivot  $\frac{1}{4}$  turn left stepping back on right foot
- 7&8** Pivot  $\frac{1}{4}$  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,  $\frac{1}{4}$  Turn Cross,  $\frac{3}{4}$  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  $\frac{1}{4}$  turn left stepping left foot to left side, cross step right over left
- 7&8** Pivot  $\frac{1}{4}$  turn left stepping back on left foot, pivot  $\frac{1}{4}$  turn left stepping right foot to right side, pivot  $\frac{1}{4}$  turn left stepping left foot forward

**Restart here on walls 2, 6, 8 & 10**

**V Step, Locking Shuffle Back,  $\frac{1}{4}$  Turn,  $\frac{1}{2}$  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**