

# The Champion

**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, 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**