

# The Champion

**Count:** 32      **Wall:** 4      **Level:** Intermediate/Advanced

**Choreographer:** Michael Diven (Feb. 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!**