



The Last One Standing

48 Count, 4 Wall, Intermediate

Choreographer: Conrad Farnham & Lynn Flint (USA)

Mar 2018

Choreographed to: The Champion by Carrie Underwood,
ft. Ludacris

- Section 1**
1&2,3&4 **SAILOR R, SAILOR L, SCUFF R, HITCH R, STOMP R, SWIVEL ½, HOOK L OVER R**
Step right behind left, step left to left side, step right forward, step left behind right,
step right to right side, step left forward
- 5&6,7&8 Scuff right in place, hitch right leg up, stomp right forward, swivel heels ¼ right,
swivel left slightly, swivel heels ¼ right while hooking left heel over right leg
- Section 2**
SHUFFLE FRONT L, ROCK FRONT R, RECOVER L, WALK BACK QUICKLY R, L, R ROCKING BACK R KICKING L FRONT, HOP FRONT L, SCUFF R, HITCH R, TOUCH R IN PLACE, RECOVER L
- 1&2,3,4 Shuffle forward left, right, left, rock forward right, recover left
- 5&6&7&8& Walk back quickly right, left, rock back right while kicking left forward, hop forward left,
scuff right in place, hitch right leg up, touch right in place, recover weigh on left
- Section 3**
BACKWARD/REVERSE PADDLE ½ TURN OVER R SHOULDER WITH R, HEEL SWITCHES
- 1&2&3&4& Push toe out to right side turning over right shoulder x 4, finishing with a ½ turn
- 5&6&7&8& Step right foot behind left, step left back to left angle, touch right heel forward out to front right,
bring right back next to left, cross left over right, step right to right side, touch left heel forward
out to front left, step left back next to right
- Section 4**
CROSS R OVER L, HOLD, STEP L TO L, CROSS R OVER L, HOLD, ROCK L SIDE, RECOVER, BEHIND SIDE FRONT
- 1,2&3,4 Cross right over left, hold, step left to left side, cross right over left, hold
- 5,6,7&8 Rock left out to left side, recover weight on right, cross left behind right, step right to right side,
cross left over right
- Section 5**
ROCK R, RECOVER, BEHIND SIDE FRONT, L FRONT HEEL DIG, L COASTER
- 1,2,3&4 Rock right out to right side, recover weight on left, cross right behind left, step left to left side,
cross right over left
- 5,6,7&8 Dig left heel forward, pointing left toe slightly toward right, then turning left heel to front,
step back on left, step right back next to left, step left forward
- RESTART: WALL 2, FACING 9:00**
- Section 6**
STEP FRONT R, PIVOT ¼ TURN L, FULL TURN OVER L SHOULDER R, L, BUMP HIPS R, L, R, L
- 1-4 Step forward right, pivot ¼ turn over left shoulder, step right over left turning ½ turn over left
shoulder, step left behind right turning ½ turn over left shoulder finishing with weight on left
- 5-8 Push hips right, left, right, left

* **RESTART, WALL 2, FACING 9:00. Restart after completing the 1st 40 counts of the dance.**