

Power Up

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Kathy Gurdjian (USA)

Musik: More Power To Handle - Buck Wild



HEEL SWIVELS, LEANING HIP BUMPS, HITCH

1-2 Swivel both heels to the left and up, bring back to center, (stay on toes)

3-4 Repeat 1-2

5 Step left as you bump hips to left

Weight on left leaning a little to the left, right knee is bent, left knee is straight

6 Bump hips to right

Keeping weight on left side, right leg is straight, left knee is bent

7 Bump hips to left

Weight still on left, lean a little more left, right knee is bent, left knee is straight

8 Hitch up right knee

VINE RIGHT WITH ¼ TURN RIGHT, HITCH, STEP, LOCK, ½ TURN LEFT, HITCH

1-2 Step right to right side, cross left behind right

3-4 Step right to right side as you turn ¼ turn right, hitch up left knee

5-6 Step forward left, slide right up and lock behind outside left heel (weight to right)

7-8 Step forward on left as you make a ½ turn left, hitch up right knee

ROCK FORWARD, ROCK BACK, STEP, STOMP, STEP, STOMP

1-2 Rock right forward, rock back on left

3-4 Rock right back, rock forward on left

5-6 Step right forward, stomp left next to right (as you drop your weight onto left bending your knees, like a broken ankle)

7-8 Repeat 5-6

TOE TOUCHES, BRUSH, STOMP

1-2 Touch right toe to right side, touch right toe forward on left angle

3-4 Touch right toe to right side, step right center

5-6 Touch left toe to left side, touch left toe center

7-8 Brush left toe from front to back, (like trying to wipe something off the bottom of your boot, count 7), stomp left center (count 8)

REPEAT
