

Powerless

Count: 80

Wand: 2

Ebene: Intermediate

Choreograf/in: Sue Johnstone (UK)

Musik: Powerless (Say What You Want) - Nelly Furtado



ROCK SWITCH ROCK, BOUNCE TURN ½ LEFT, LEFT COASTER

- 1-2& Rock forward on right, recover back onto left, step right next to left
- 3-4& Rock forward on left, recover back onto right, step left next to right
- 5&6 Step forward on right, bounce heels twice doing ½ turn left (&6)
- 7&8 Step back on left, step right next to left, step left forward

RIGHT SHUFFLE FORWARD, ROCK LEFT, CROSS SHUFFLE, ½ TURN LEFT

- 1&2 Right shuffle forward
- 3-4 Rock left out to left side, recover onto right
- 5&6 Cross shuffle left over right
- 7-8 Turn ¼ left stepping back onto right, turn ¼ left stepping left to side

2 WALKS & HEEL, HOLD TWICE

- 1-2 Walk forward on right, walk forward on left
- &3-4 Step back on right, left heel forward, hold
- &5-6 Step left next to right, walk forward on right, walk forward on left
- &7-8 Step back on right, left heel forward, hold

ROCKING CHAIR, 2X ½ PIVOTS LEFT

- &1-2 Step left next to right, rock forward on right, recover back onto left
- 3-4 Rock back on right, rock forward onto left
- 5-6 Step forward on right, ½ pivot left
- 7-8 Step forward on right, ½ pivot left

SHUFFLES AND ROCKS WITH ¼ LEFT

- 1&2 Right shuffle forward
- 3-4 Rock forward on left, recover back onto right
- 5&6 Left shuffle back
- 7-8 Rock back on right, recover ¼ left onto left foot
- 9-32 Repeat 8 counts above 3 more times (full turn in total)

ROCK & CROSS, TRIPLE ½ CROSS, ROCK & CROSS, LEFT, TOGETHER

- 1&2 Rock to right, recover onto left, cross right over left
- 3&4 ¼ right stepping back onto left, ¼ right stepping right to side, cross left over right
- 5&6 Rock to right, recover onto left, cross right over left
- 7-8 Large step to left, step right next to left

PADDLE TURNS RIGHT (FULL TURN) PADDLE TURNS LEFT (FULL TURN)

- 1-2 ¼ right touch left out, ¼ right touch left out
- 3-4 ¼ right touch left out, ¼ right step left next to right
- 5-6 ¼ left touch right out, ¼ left touch right out
- 7-8 ¼ left touch right out, ¼ left touch right out

REPEAT