

Power Of One

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Tina Hollen (DK) - November 2007

Musik: The Power of One - Bomshel



Intro: 24 counts.

SIDE ROCK R, CROSS SHUFFLE, SIDE ROCK L, CROSS SHUFFLE

- 1-2 Rock right to right side, recover onto left
- 3&4 Cross right over left, step left to left side, cross right over left
- 5-6 Rock left to left side, recover onto right
- 7&8 Cross left over right, step right to right side, cross left over right

SKATES ¼ TURN, FORWARD SHUFFLE, PIVOT ½, MAMBO POINT

- 1-2 Skate ¼ to right side on right, skate forward on left
- 3&4 Step right forward, step left beside right, step right forward
- 5-6 Step forward on left, turn ½ right
- 7&8 Rock forward on left, recover onto right, point left to left side

CROSS, STEP, BACK COASTER, CROSS, STEP, BACK COASTER

- 1-2 Cross left over right, step right to right side
- 3&4 Step back on left, step right next to left, step forward on left
- 5-6 Cross right over left, step left to left side
- 7&8 Step back on right, step left next to right, step forward on right

ROCK STEP, SHUFFLE ½ TURN, STEP, TOUCH, KICK BALL TOUCH

- 1-2 Rock forward on left, recover onto right
- 3&4 Make ½ left stepping left right left
- 5-6 Step forward on right, touch left next to right
- 7&8 Kick left forward, step left next to right, touch right next to left

Begin again.
