

My Powerful Women

Count: 32

Wall: 4

Level: Easy Intermediate

Choreographer: Gary Steele (UK) - March 2024

Music: Powerful Women - Pitbull & Dolly Parton



Section 1 Sailors x2, 3/4 Walk Walk Shuffle Rock

- 1&2 Step right behind left, rock left to left side, recover weight to right side.
- 3&4 Step left behind right, rock right to right side, recover weight to left side.
- 5-6 Making 3/4 turn right walk right, left.
- 7&8 Complete the turn shuffling forward right, left, rock forward onto right. (9.00)

Section 2 Back Sweep x2, Sailor 1/4, Tic Tac 1/2 Hitch x2

- 1-2 Recover weight back onto left sweeping right from front to back, step back right sweeping left front to back.
- 3&4 Step left behind right, make 1/4 left rocking right to side, recover weight left slightly forward. (6.00)
- 5&6& Step forward onto right, make 1/4 left swivelling left heel towards right, make 1/4 left swivelling right heel out, hitch left knee. (12.00)
- 7&8& Step forward onto left, make 1/4 right swivelling right heel towards left, make 1/4 right swivelling left heel out, hitch right knee. (6.00)

Section 3 Walk Walk, Chase Turn, Rock Recover, Back Touch x2

- 1-2 Walk forward right, left.
- 3&4 Step forward onto right, pivot 1/2 left weight onto left, step forward right. (12.00)
- 5-6 Rock forward onto left, recover weight back onto right.
- &7&8 Step back onto left, touch right forward, step back onto right, touch left forward.

Section 4 Touch Twist Twist, Coaster, Step 1/4 Hitch, Side Rock

- &1&2 Step back onto left, touch right forward, twist right heel out, twist right heel in.
- 3&4 Step back onto right, close left next to right, step forward onto right.
- 5-6 Step forward onto left, make 1/4 left hitching right knee. (9.00)
- 7-8 Rock right to right side, recover weight onto left.

NO TAGS! NO RESTARTS!

ENJOY! □