

Powerade

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Simon Ward (AUS)

Music: The Power - Vanessa Amorosi



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|------|---|
| 1-2 | Cross/rock right over left at 45 degrees left, rock/step left back turning ¼ turn right |
| 3&4 | Shuffle forward right-left-right |
| 5-6 | Step left forward, twist both heels with left staying forward to left |
| 7&8 | Swivel heels, toes, heels traveling slightly back |
| | |
| 1&2 | Step left back, step right next to left, step left forward (coaster step) |
| 3-4 | Step right forward, pivot ½ turn left taking weight onto left foot |
| &5&6 | Step right back at 45 degrees right, touch left heel at 45 degrees left, step down on left, touch right beside left |
| &7-8 | Step right back at 45 degrees right, touch left heel at 45 degrees left, step down on left flick right leg back |
| | |
| 1-2 | Step right forward at 45 degrees left, pivot ½ turn left taking weight onto left (facing corner) |
| 3&4 | Shuffle forward right-left-right (facing corner) |
| 5-6 | Step left forward, pivot ½ turn taking weight onto right (facing corner) |
| 7&8 | Cross/step left over right turning 45 degrees left, step right to right, take weight on left turning ¼ turn left |
| | |
| 1-2 | Rock/step right forward, rock/step left back |
| 3&4 | Step in place right-left-right turning a full turn right (triple step) |
| &5&6 | Step left slightly forward, touch right toe next to left, step right slightly forward, touch left toe next to right |
| &7&8 | Step left slightly forward, touch right toe next to left, step right slightly forward, touch left toe next to right |

REPEAT

RESTART

On 6th wall, dance 1-16, then start dance again
