

Power

Compte: 80

Mur: 1

Niveau: Phrased Easy Intermediate

Chorégraphe: Monica Choi (KOR), Rosa Lee (KOR) & Chloe Cha (KOR) - November 2024

Musique: POWER (파워) - G-DRAGON (지 드래곤)



* Sequence : A-B-C / A-B-C / A-Ending(4C)

Part A

SEC 1 : Back Side R-L-R-L to Dig, Step fwd x 3, 1/4 L Side Rock & Recover, 1/4 L Side.

- 1-2 Step back on RF to R Dig(Popeye's arms), Step back LF to L Dig(Bend knees & Opposite arm action)
- 3-4 Step back on RF to R Dig(Popeye's arms), Step back on LF to L Dig(Bend knees & Opposite arm action)
- 5&6 Step RF fwd to R Dig, Step LF fwd to L Dig, Step RF fwd to R Dig(Popeye's arms)
- 7&8 Turn 1/4 L Rock LF to L side, Recover on RF, Turn 1/4 L Step LF to L side.(6:00)

SEC 2 : Back Side R-L-R-L to Dig, Step fwd x 3, 1/4 L Side Rock & Recover, 1/4 L Side.

- 1-2 Step back on RF to R Dig(Popeye's arms), Step back on LF to L Dig(Bend knees & Opposite arm action).
- 3-4 Step back on RF to R Dig(Popeye's arms), Step back on LF to L Dig(Bend knees & Opposite arm action).
- 5-6 Step RF fwd to R Dig, Step LF fwd to L Dig, Step RF fwd to R Dig(Popeye's arms).
- 7-8 Turn 1/4 L Rock LF to L side, Recover on RF, Turn 1/4 L Step LF to L side.(12:00)

SEC 3 : Cross Shuffle x 2, Kick, Out, Out, 1/4 R Swivel, Rock Back, Recover.

- 1-2 Cross RF over LF, Step LF beside RF, Cross RF over LF.
- 3-4 Cross LF over RF, Step RF beside LF, Cross LF over RF.
- 5-6 Kick RF fwd, Out RF, Out LF, Turn 1/4 R Swivel feet.(3:00)
- 7-8 Hold, Rock back on RF, Recover on LF.

SEC 4 : 1/4 L Side, Back Side L-R-L to Dig, Step fwd x 3, Hold, Jump, Together.

- 1-2 Turn 1/4 L Step RF to R side(Popeye's arms), Step back on LF to L Dig(Bend knees & Opposite arm action).
- 3-4 Step back on RF to R Dig(Popeye's arms), Step back on LF to L Dig(Bend knees & Opposite arm action).
- 5&6 Step RF fwd to R Dig, Step LF fwd to L Dig, Step RF fwd to R Dig(Popeye's arms).
- 7-8 Hold, Jump with both feet together.

Part B

SEC 1 : Slow Rocking Chair, Rocking Chair, Step fwd, 1/4 R Side, Side

- 1-2 Rock RF fwd, Recover on LF.
- 3-4 Rock back on RF, Recover on LF.
- 5&6& Rock RF fwd, Recover on LF, Rock back on RF, Recover on LF.
- 7&8 Rock RF fwd, Turn 1/4 L Step LF to L side, Step RF to R side.(9:00)

SEC 2 : Slow Rocking Chair, Rocking Chair, Step fwd, 1/4 L Side, Side.

- 1-2 Rock LF fwd, Recover on RF.
- 3-4 Rock back on LF, Recover on RF.
- 5&6& Rock LF fwd, Recover on RF, Rock back on LF, Recover on RF.
- 7&8 Rock LF fwd, Turn 1/4 R Step RF to L side, Step LF to L side (9:00)

SEC 3 : Slow Rocking Chair, Rock fwd, Recover, 1/4 R Side Rock, Recover, Rock fwd, Recover 1/4 R Side.

- 1-2 Rock RF fwd, Recover on LF.

- 3-4 Rock back on RF, Recover on LF.
5&6& Rock RF fwd, Recover on LF, Turn 1/4 R Rock RF to R side, Recover on LF.
7&8 Rock RF fwd, Recover on LF, Turn 1/4 R Step RF to R side.(6:00)

SEC 4 : Slow Rocking Chair, Rock fwd, Recover, Half Paddle Turn.

- 1-2 Rock LF fwd, Recover on RF.
3-4 Rock back on LF, Recover on RF.
5-6 Turn 1/8 R Point LF to L side, Turn 1/8 R Point LF to L side.
7-8 Turn 1/8 R Point LF to L side, Turn 1/8 R Step LF Beside RF.(12:00)

Part C

SEC 1 : Step fwd(Sweep) x 3, Step fwd, Step fwd(Sweep) x3, Step Back, Htch.

- 1-2 Step RF fwd with Sweeping LF , Step LF fwd with Sweeping RF.
3-4 Step RF fwd with Sweeping LF, Cross Rock LF over RF.
5-6 Step back on RF with Sweeping LF , Step back on LF with Sweeping RF.
7-8 Step back on RF with Sweeping LF , Step back on LF with Hitching RF.

SEC 2 : (Side, Together) x 3, Side, L Rollinf Vine Turn.

- 1&2& Step RF to R side, Step LF beside RF, Step RF to R side, Step LF beside RF.
3&4 Step RF to R side, Step LF beside RF, Jump RF to R side with Hitching LF.
5-6 Turn 1/4 L Step LF fwd, Turn 1/2 L Step back on RF.
7-8 Turn 1/4 L Step LF to L side, Touch RF beside LF. (12:00)

Ending

After doing 3 counts in Part A, use arms to make flying wings.

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