

# Powered Up

Compte: 32

Mur: 4

Niveau: Intermediate

Chorégraphe: Warren Mitchell (AUS)

Musique: The Power - Vanessa Amorosi



Start dance 16 counts after vocals of Vanessa singing "Give Me The Power"

## ROCK RIGHT, STEP LEFT, ROCK BEHIND, FORWARD

&1-2-3 Rock right to right, step left to left, rock right behind left, step left on spot

## SHUFFLE MAKING ¼ TURN RIGHT, PIVOT ½ RIGHT

4&5 Shuffle to right right-left-right making ¼ turn to right

6-7 Step left forward pivoting ½ to right (weight on right)

## SHUFFLE FORWARD, PIVOT ½ LEFT

8&9 Shuffle forward left-right-left

10-11 Step right forward pivoting ½ to left (weight on left)

## ROCK FORWARD, ROCK BACK, STEP BACK, HEEL FORWARD, TOE BACK, UNWIND ½ LEFT, LEFT COASTER

12-13 Rock right forward, step left on spot

&14-15 Step right back, touch left heel forward, touch left toe back

16-17&18 Unwind ½ to left (leaving weight on right), left coaster step

## SHUFFLE FORWARD, PIVOT ¼ RIGHT

19&20 Shuffle forward right-left-right

21-22 Step left forward pivoting ¼ to right (weight on right)

## LEFT SHUFFLE OVER ROCK TO RIGHT, STEP TO LEFT

23&24 Cross left over right, step right to right, step left over right (left shuffle over right)

25-26 Rock right to right, step left on spot

## STEP BEHIND, STEP TO SIDE, RIGHT SHUFFLE OVER LEFT, CHA-CHA TURNING ½ RIGHT

27-28 Step right behind left, step left to left

29&30 Step right over left, step left to left, step right over left (right shuffle over left)

31-32 Cha-cha on spot left-right-left making ½ turn to right (left foot should be slightly forward)

## REPEAT

### Restart

Finish 5th wall on count 16, then restart the dance from the beginning. After this restart you will now be dancing the dance starting from the side walls

### TAG

Finish 9th wall as per dance on count 32 you will have the left foot slightly forward, here you will put hands out to the sides - palms down - holding for four beats: continue the dance as normal from there