

Power Over Me

拍数: 48 墙数: 2 级数: Intermediate
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音乐: Power Over Me - Dermot Kennedy



#16 count intro

S1: SIDE, BEHIND, SIDE, VAUDEVILLE, & HEEL GRIND, BEHIND-SIDE-CROSS

1-2& RF step side, LF cross behind RF, RF step side
3&4& LF cross over RF, RF step slightly to R side, LF dig heel diagonally forward, LF close next to RF
5-6 RF cross over LF on R-heel, LF step side while twisting on R-heel (toes pointing R)
7&8 RF cross behind LF, LF step side, RF cross over LF

S2: CHASSE, SHUFFLE 1/2 TURN, 1/2 BACK, SWEEP, SAILOR 1/8 TURN

1&2 LF step side, RF close next to LF, LF step side
3&4 ¼ turn R & RF step side, LF close next to RF, ¼ turn R & RF step forward (6:00)
5-6 ½ turn R & LF step back, RF sweep backwards (12:00)
7&8 RF cross behind LF, LF step side, RF step into R diagonal (1:30)

S3: BALL, ROCK FWD/RECOVER, COASTER STEP, STEP FWD, SWEEP, 1/8 CROSS SAMBA

&1-2 LF close on ball next to RF, RF rock forward, recover on LF (still facing 1:30)
3&4 RF step back, LF close next to RF, RF step forward (still facing 1:30)
5-6 LF step forward, RF sweep forward (still facing 1:30)
7&8 1/8 turn R & RF cross over LF, LF step side, RF step side (3:00)

S4: KICK, CROSS, TOUCH, BALL, HEEL, BALL, TOUCH, STEP, 1/2 PIVOT, STEP-LOCK-STEP

1&2& LF kick in R diagonal, LF cross over RF, RF touch behind LF, RF step back on ball
3&4 LF dig heel forward, LF close on ball next to RF, RF touch next to LF
5-6 RF step forward, make ½ turn L putting weight on LF (9:00)
7&8 RF step forward, LF lock behind RF, RF step forward

S5: PRISSY WALKS WITH SWEEPS, CROSS, 1/4 BACK, SHUFFLE 1/2 TURN

1-2 LF step forward/slightly across RF, RF sweep forward
3-4 RF step forward/slightly across LF, LF sweep forward
5-6 LF cross over RF, make ¼ turn L & RF step back (6:00)
7&8 ¼ turn L & LF step side, RF close next to LF, ¼ turn L & LF step forward (12:00)

S6: ROCK FWD/RECOVER, SHUFFLE 1/2, ROCK FWD/RECOVER, COASTER CROSS

1-2 RF rock forward, recover on LF
3&4 ¼ turn R & RF step side, LF close next to RF, ¼ turn R & RF step forward (6:00)
5-6 LF rock forward, recover on RF
7&8 LF step back, RF close next to LF, LF cross over RF

Have fun!

Tag + Restart: in wall 6 there will be step change for counts 31&32 (step-lock-step in 4th section) by adding a 6 count Tag before Restarting the dance to 12:00

31-32 Make ¼ turn L & RF step side, hold
1-2-3-4 make half a circle with both hands over 4 counts starting crossed in front of chest, moving down and then sideways/out and going up to the sky

Note:

It seems to be hard to count in the track before starting, it can be easier to start counting like this:

1-2-3-4-5-6 and then start dancing

1-2-3-4-5-6

5-6-7-8

Sites: www.littlejeff.be - www.dutchdanceacademy.com
