

Power Over Me

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Esmeralda van de Pol (NL) - January 2019
音乐: Power Over Me - Dermot Kennedy



Intro: 16 counts

SIDE ROCK & POINT, TOGETHER, MONTEREY ½ TURN R, SIDE ROCK 1/8 TURN R, FWD

1-2& Rock RF to R side, Recover weight on LF, Step RF next to LF
3-4 Point LF to L side, Step LF next to RF
5-6& Point RF to Side, ½ turn R-step RF next to LF, Rock LF to L side
7-8 1/8 turn R Recover weight on RF , Step LF fwd

FWD ROCK, BALL STEP BACK, 1/8 TURN R, CROSS, SPIRAL FULL TURN R, BALL CROSS, SIDE

1-2& Rock RF fwd, Recover weight on, Step RF back (07.30)
3-4 Step LF back, 1/8 turn R-step RF to R side
5-6 Cross LF over RF make full turn R weight on LF,
&7-8 Step RF to R side, Cross LF over RF, Step RF to R side (09.00)

BACK ROCK, SIDE, BEHIND, ¼ TURN L, STEP, ¾ TURN L, BEHIND, ¼ TURN R

1-2& Rock LF back, Recover weight on RF, Step LF to L side
3-4 Cross RF behind LF, ¼ turn L-step LF fwd (06.00)
5-6& Step RF fwd, ¾ turn -weight on LF, Step RF to R side (09.00)
7-8 Step LF behind RF, ¼ turn R-step RF fwd (12.00)

FWD ROCK, BALL STEP BACK, ¼ TURN R SIDE ROCK, COASTER ROCK

1-2& Rock LF fwd, Recover weight on RF, Step LF back
3-4 Step RF back, Step LF back
5-6 ¼ turn R-rock RF to R side, Recover weight on LF (03.00)
&7-8 Step back on RF, Step LF next to RF, Rock fwd RF

RECOVER, TOUCH BALL STEP, STEP FWD, PIVOT ½ TURN R, ½ TURN R, WALK BACK

1-2& Recover weight on LF***, Touch RF next to LF, Step RF next to LF
3-4 Step LF fwd, Step RF fwd
5-6& Step LF fwd, ½ turn R-weight on RF, ½ turn R-step LF back (03.00)
7-8 Step RF back, Step LF back

*** see below for Tag & Restart

1/4 TURN R SIDE ROCK, BALL CROSS, SIDE ROCK, CROSS ROCK, SIDE, CROSS

1-2&3 ¼ turn R-Rock RF to R side, Recover weight on LF, Step RF next to LF, Cross LF over RF
(06.00)
4-5 Rock RF to R side, Recover weight on LF
6& Rock RF across LF, Recover weight on LF
7-8 Step RF to R side, Cross LF over RF

TAG & RESTART (you restart the dance on 06.00)

Wall 6, dance up till count 1 of section 5

Tag: add these 3 counts

Count 1 is your recover on LF

2-3-4& ¼ turn R-step R fwd- Step L fwd, ½ turn R-weight on RF, Step LF next to RF

Dance With Esmeralda
Esmeralda v.d. Pol

