

# 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

