

Mother Packs the Power

COPPER KNOB
STEPPERS

拍数: 48 墙数: 2 级数: Phrased Beginner / Improver
编舞者: Mark Treacy (USA) - December 2021
音乐: Power - Solardo & Maur



#12 count intro

Sequence: A - B - 1/2 Turn - B - A* - A - B - 1/2 Turn - B - A*

*Start on Left

Pattern A: 16 counts (REPEAT FOUR TIMES FOR 64 TOTAL)

A[1-8] WALK, TAP

1-2-3-4 1) Walk fwd R; 2) Walk fwd L; 3) R Tap; 4) R Tap
5-6-7&8 5) Walk fwd R; 6) Walk fwd L; 7&8) R Tap Tap Tap

A[9-16] WALK BACK, TAP, 1/4 TURN REVERSE TAP

1&2 1) Walk back R; 2) Walk back L; &) R Tap
3&4 3) Walk back R; 4) Walk back L; &) R Tap
5&-6-7-8 5) Walk back R; &) Walk back left L; 6-7-8) 1/4 Turn Reverse R Tap Tap Tap

Pattern B: 32 counts

B[1-8] WALK FOR 7, ARMS UP

1-2-3-4 1) Walk fwd R; 2) Walk fwd L; 3) Walk fwd R; 4) Walk fwd L
5-6-7-8 5) Walk fwd R; 6) Walk fwd L; 7) Walk R; 8) Hold - Left Foot Up, Arms Up

B[9-16] 1/2 TURN, WALK FOR 7, HUG

1-2-3-4 1/2 Turn left 1) Walk fwd L; 2) Walk fwd R; 3) Walk fwd L; 4) Walk fwd R
5-6-7-8 5) Walk fwd L; 6) Walk fwd R; 7) Walk L; 8) Hold - Right Foot Up, Hug

B[17-24] 1/2 TURN, WALK FOR 7, ARMS UP

1-2-3-4 1/2 Turn right 1) Walk fwd R; 2) Walk fwd L; 3) Walk fwd R; 4) Walk fwd L
5-6-7-8 5) Walk fwd R; 6) Walk fwd L; 7) Walk R; 8) Hold - Left Foot Up, Arms Up

B[25-32] DO YOUR POWER POSE/THING

1-2-3-4 1) Step L down; 2-3-4) Power Pose (Do YOUR Power Pose/Thing)
5-6-7-8 (5-6-7-8) Power Pose (Do YOUR Power Pose/Thing)

Pattern A* (START ON LEFT): 16 counts (REPEAT FOUR TIMES FOR 64 TOTAL)

A[1-8] WALK, TAP

1-2-3-4 1) Walk fwd L; 2) Walk fwd R; 3) L Tap; 4) L Tap
5-6-7&8 5) Walk fwd L; 6) Walk fwd R; 7&8) L Tap Tap Tap

A[9-16] WALK, TAP, QUARTER TURN REVERSE TAP

1&2 1) Walk back L; 2) Walk back R; &) L Tap
3&4 3) Walk back L; 4) Walk back R; &) L Tap
5&-6-7-8 5) Walk back L; &) Walk back left R; 6-7-8) 1/4 Turn Reverse L Tap Tap Tap