

# Powerful Women

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
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音乐: Powerful Women - Pitbull & Dolly Parton



**Intro: 16 Counts – Weight starts left foot**

**[1-8] Hop Sweep, Behind, Side, Cross, Side Rock, Behind, Side, Cross**

1-2            Hop on to RF in front of LF, Recover onto LF while sweeping RF behind LF (12:00)  
3&4           Step RF behind LF, Step LF to L, Cross RF over LF (12:00)  
5-6           Rock LF to L, Recover RF (12:00)  
7&8           Step LF behind RF, Step RF to R, Cross LF over RF (12:00)

**Styling Note: For the very first Hop Sweep (1-2), flex your biceps and be powerful!**

**[9-16] ¼ Turn Knee Pops, Coaster Step, Cross Point, Side Point, Heel Jack**

1-2            Step RF to R side, Pop both knees while pivoting ¼ L (9:00)  
3&4           Step LF back, Close RF next to LF, Step LF forward (9:00)  
5-6           Point R toe over LF, Point R toe to R side (9:00)  
7&8           Cross RF over LF, Step LF to L side, Touch R heel to R w/ 1/8 turn R (10:30)

**[17-24] Ball, Step, ¼ Step, ¼ Sailor, Cross Triple, Diagonal Rock**

&1-2          Ball RF next to LF, Step LF forward, Step RF forward w/ ¼ turn L (7:30)  
3&4           Step LF behind RF w/ 1/8 turn L, Step RF to R, Recover LF to L w/ 1/8 turn L (4:30)  
5&6           Cross RF over LF, Step LF to L, Cross RF over LF (4:30)  
7-8           Rock LF diagonal forward pushing hips forward, Recover RF pushing hips back (4:30)

**[25-32] Behind, 3/8 Side, Step, Knee Pop, Knee Pop, ½ Pivot, Two Step Full Turn**

1&2           Step LF behind RF, Step RF to R w/ 3/8 turn R, Step LF forward (9:00)  
3-4           Step RF forward while popping L knee, Step LF forward while popping R knee (9:00)  
5-6           Step RF forward, Pivot ½ over L shoulder (3:00)  
7-8           Step RF forward while turning ½ L, Step LF back while turning ½ L (3:00)

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