

Powerful Women

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Improver
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音乐: Powerful Women - Pitbull & Dolly Parton



For the Intro: Start 16 counts in (0:8 secs)

S1: Side Rock, Recover, Together, Switch L&R, Cross Sailor ¼ Turn R, Shuffle Forward

1,2& RF rock R, LF Recover, RF step next to LF
3&4 LF point L, LF step next to RF, RF point R
5&6 RF cross over LF, ¼ turn R and LF step back (3:00), RF step forward
7&8 LF step forward, RF step next to LF, LF step forward

S2: Rock Forward, Recover, Full Turn Back R, R Pony Back, Heel Switch R&L

1,2 RF rock R, LF Recover
3,4 ½ turn R and RF step forward, ½ turn R and LF step back (3:00)
5&6 RF step back hitching L knee up, LF step next to RF, RF step back hitching L knee up
&7& LF step back, RF touch heel forward, RF step next to LF
8& LF touch heel forward, LF step next to RF

S3: R&L Dorothy Steps, Rock Forward, Recover, Full Turn Back R

1,2& RF step forward to R diagonal, LF lock behind RF, RF step forward to R diagonal
3,4& LF step forward to L diagonal, RF lock behind LF, LF step forward to L diagonal
5,6 RF rock forward, LF Recover
7,8 ½ turn R and RF step forward, ½ turn R and LF step back (3:00)

S4: ¼ Turn R Big Step R, Slide L, Ball Cross, ¼ Turn L, Scuff, Jazz Box ¼ Turn R, Cross

1,2 ¼ turn R and RF step big step R (6:00), LF slide towards RF
&3,4 Ball of LF step next to RF and back, RF cross over LF, ¼ turn L and LF step forward (3:00)
5,6 RF scuff forward, RF step forward
7&8 ¼ turn R and LF step back (6:00), RF step R, LF cross over RF

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