

# My Powerful Women

**COPPER KNOB**  
BY SHEETS

拍数: 32      墙数: 4      级数: Easy Intermediate  
编舞者: Gary Steele (UK) - March 2024  
音乐: Powerful Women - Pitbull & Dolly Parton



## Section 1 Sailors x2, ¾ Walk Walk Shuffle Rock

- 1&2      Step right behind left, rock left to left side, recover weight to right side.  
3&4      Step left behind right, rock right to right side, recover weight to left side.  
5-6      Making ¾ turn right walk right, left.  
7&8      Complete the turn shuffling forward right, left, rock forward onto right. (9.00)

## Section 2 Back Sweep x2, Sailor ¼, Tic Tac ½ Hitch x2

- 1-2      Recover weight back onto left sweeping right from front to back, step back right sweeping left front to back.  
3&4      Step left behind right, make ¼ left rocking right to side, recover weight left slightly forward. (6.00)  
5&6&      Step forward onto right, make ¼ left swivelling left heel towards right, make ¼ left swivelling right heel out, hitch left knee. (12.00)  
7&8&      Step forward onto left, make ¼ right swivelling right heel towards left, make ¼ right swivelling left heel out, hitch right knee. (6.00)

## Section 3 Walk Walk, Chase Turn, Rock Recover, Back Touch x2

- 1-2      Walk forward right, left.  
3&4      Step forward onto right, pivot ½ left weight onto left, step forward right. (12.00)  
5-6      Rock forward onto left, recover weight back onto right.  
&7&8      Step back onto left, touch right forward, step back onto right, touch left forward.

## Section 4 Touch Twist Twist, Coaster, Step ¼ Hitch, Side Rock

- &1&2      Step back onto left, touch right forward, twist right heel out, twist right heel in.  
3&4      Step back onto right, close left next to right, step forward onto right.  
5-6      Step forward onto left, make ¼ left hitching right knee. (9.00)  
7-8      Rock right to right side, recover weight onto left.

**NO TAGS! NO RESTARTS!**  
**ENJOY! □**