

# Power

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Mark Hood (UK)  
音乐: The Power - Vanessa Amorosi



## KICK-BALL-CHANGE RIGHT TWICE, STEP RIGHT, & RECOVER, CROSS

1            Kick right  
&            Step right in place  
2            Step left in place  
3            Kick right  
&            Step right in place  
4            Step left in place  
5            Step right to the right  
6            Rock left over right  
7            Recover on the right  
&            Step left to the left  
8            Cross right over left

## SIDE ROCK, RECOVER, SAILOR CROSS, STEP PIVOT TWICE

9            Rock left to the left  
10           Recover on to the right  
11           Step left behind right  
&            Step right to the right  
12           Cross left over right  
13           Step right forward  
14           Pivot ½ turn to the left  
15-16       Repeat steps 13-14

## SIDE MAMBO ROCK X4

17           Rock right to the right  
&            Recover on the left  
18           Step right over left  
19           Rock left to the left  
&            Recover on the right  
20           Step left over right  
21-24       Repeat steps 17-20

## SHUFFLE BACK ½ RIGHT, STEP LEFT, ¾ TURN RIGHT, WEAWE, OUT-OUT

25           Step right back with ¼ turn to the right  
&            Step left beside right with ¼ turn to the right  
26           Step right in place  
27           Step left forward  
28           Turn ¾ to the right  
29           Step left over right  
&            Step right to the right  
30           Step left behind right  
&            Step right to the right  
31           Step left over right  
&            Step right to the right  
32           Step left to the left

REPEAT

---