

Power

拍数: 32 墙数: 4 级数: Intermediate
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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, WEAVE, 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
