

# Powerade

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Simon Ward (AUS)  
音乐: The Power - Vanessa Amorosi



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- 1-2      Cross/rock right over left at 45 degrees left, rock/step left back turning ¼ turn right  
3&4      Shuffle forward right-left-right  
5-6      Step left forward, twist both heels with left staying forward to left  
7&8      Swivel heels, toes, heels traveling slightly back
- 1&2      Step left back, step right next to left, step left forward (coaster step)  
3-4      Step right forward, pivot ½ turn left taking weight onto left foot  
&5&6      Step right back at 45 degrees right, touch left heel at 45 degrees left, step down on left, touch right beside left  
&7-8      Step right back at 45 degrees right, touch left heel at 45 degrees left, step down on left flick right leg back
- 1-2      Step right forward at 45 degrees left, pivot ½ turn left taking weight onto left (facing corner)  
3&4      Shuffle forward right-left-right (facing corner)  
5-6      Step left forward, pivot ½ turn taking weight onto right (facing corner)  
7&8      Cross/step left over right turning 45 degrees left, step right to right, take weight on left turning ¼ turn left
- 1-2      Rock/step right forward, rock/step left back  
3&4      Step in place right-left-right turning a full turn right (triple step)  
&5&6      Step left slightly forward, touch right toe next to left, step right slightly forward, touch left toe next to right  
&7&8      Step left slightly forward, touch right toe next to left, step right slightly forward, touch left toe next to right

**REPEAT**

**RESTART**

On 6th wall, dance 1-16, then start dance again

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