

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
