

Powerful Stuff

拍数: 48 墙数: 4
编舞者: Jessica Carlson (USA) - June 2014
音乐: Powerful Stuff - Rascal Flatts



Starts 16 counts in, with words - 3 Tags (walls 1,3,4), 1 Restart (wall 5)

Stomp, Stomp, Hip Bump, (x2)

1&2& Stomp R forward (1), Step R next to L (&), Stomp L forward (2), Step L next to R (&)
3&4 Stomp R forward (3), Bump R Hip up (&), Bump R Hip Down (4)
5&6& Stomp L forward (5), Step L next to R (&), Stomp R forward (6), Step R next to L (&)
7&8 Stomp L forward (7), Bump L Hip up (&), Bump L Hip Down (8)

Wizard Step (x2), Rock Forward, Recover, Sailor Step

1,2& Step R Forward at R diagonal (1), Step L behind R (2), Step R Forward at R diagonal (&)
3,4& Step L Forward at L diagonal (3), Step R behind L (4), Step L Forward at L diagonal (&)
5,6 Step R Forward (5), Recover weight back on L (6)
7&8 Step R behind L (7), Step L out to L (&), Step R out to R (8)

Sailor Step with ¼ turn to L, Walk forward (x2), Heel Jack (x2)

1&2 Step L behind R (1), Step R out to R (&), Make ¼ turn over L shoulder and Step L forward (8)
(9:00)
3,4 Step R forward (3), Step L forward (4) **Restart here on wall 5
5&6& Step R over L (5), Hop L out to L (&), Touch R heel to R (6), Step R out to R (&)
7&8& Step L over R (7), Hop R out to R (&), Touch L heel to L (8), Step L out to L (&)

Rocking Chair, Shuffle ½ Turn over L Shoulder, Rock Back, Recover

1,2,3,4 Step R Forward (1), Recover weight on L (2), Step R Back (3), Recover weight on L (4)
5&6 Make ¼ Turn over L Shoulder, Step R out to R (5) (6:00), Step L next to R (&), Make ¼ turn
over L shoulder, Step R Back (6) (3:00)
7,8 Step L Back (7), Recover weight on R (8)

Locking Shuffle Forward (x2), Rock Forward, Recover, Coaster Step

1&2 Step L Forward (1), Step R behind L (&), Step L Forward (2)
3&4 Step R Forward (3), Step L behind R (&), Step R Forward (4)
5,6 Step L forward (5), Recover weight on R (6)
7&8 Step L back (7), Step R next to L (&), Step L forward (8)

Rock R, Recover, Coaster, Rock L, Recover, Coaster

1,2 Step R to R (1), Recover weight on L (2)
3&4 Step R back (3), Step L next to R (&), Step R forward (4)
5,6 Step L to L (5), Recover weight on R (6)
7&8 Step L back (7), Step R next to L (&), Step L forward (8)

**Tag Here after Rotation 1, 3, and 4

Tag: Side Step, Touch (wall 1, wall 3, wall 4)

1,2 Step R to R (1), Touch L next to R (2)
3,4 Step L to L (3), Touch R next to L (4)

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