

Power Mix

拍數: 84 牆數: 1 級數: Phrased High Intermediate
編舞者: Maddison Glover (AUS) - June 2017
音樂: Power - Little Mix



Dance begins after count 16 (on lyrics)

PART A: 32 Counts

A1: Toe, Heel, Hitch, Cross, Back, Side, Cross Side, Heels/Toes, Hitch, Back, 3/8 Fwd, Side, Behind Side

- 1& Touch R toe beside L turning R knee in, touch R heel out to R diagonal
- 2& Hitch R knee up, cross R over L
- 3&4& Step back on L, step R to R side, cross L over, step R to R side
- 5& Twist both heels to the right, twist both toes to the right (travelling slightly right)
- 6& Hitch L knee up into L diagonal (10:30), step back on L (10:30)
- 7&8& Turn 3/8 R stepping fwd onto R (3:00), step L to L side, step R behind L, step L to L side

Repeat the above 8 counts **THREE** times, in a clockwise direction to return back to 12:00.

Therefore, Part A = 32 counts.

PART B: 36 Counts

B1: Cross, Side, Cross, Side, Behind, Fwd, 3x Rock/ Recovers, Back, 1/8 Side

- 1,2,3 & Cross R over L, step L to L side, cross R over L, step L to L side
- 4& Step behind on R, turn 1/8 L stepping R fwd into L diagonal (10:30)
- 5& Rock R fwd (lead with toe and R hip), recover weight back onto L (10:30)
- 6& Rock R fwd (lead with toe and R hip), recover weight back onto L (10:30)
- 7& Rock R fwd (lead with toe and R hip), recover weight back onto L (10:30)
- 8& Step back on R foot (10:30), turn 1/8 L stepping L to L side (9:00)

B2: Cross, Side, Cross, Side, Behind, Fwd, 3x Rock/ Recovers, Back, 1/8 Side

- 1,2,3 & Cross R over L, step L to L side, cross R over L, step L to L side
- 4& Step behind on R, turn 1/8 L stepping R fwd into L diagonal (7:30)
- 5& Rock R fwd (lead with toe and R hip), recover weight back onto L (7:30)
- 6& Rock R fwd (lead with toe and R hip), recover weight back onto L (7:30)
- 7& Rock R fwd (lead with toe and R hip), recover weight back onto L (7:30)
- 8& Step back on R foot (7:30), turn 1/8 L stepping L to L side (6:00)

B3: Cross, 1/2 Hinge Turn, Cross, Side, Cross, Side, Back, Back, Side, Fwd, Fwd, Side

- 1,2&3 Cross R over L, turn 1/4 R stepping back on L, turn 1/4 R stepping R to R side, cross L over R (12:00)
- 4&5 Step R to R side, cross L over R, step R to R side
- 6&7 Turn 1/8 L stepping back on L (10:30), step back on R, turn 1/8 L stepping L to L side (9:00)
- 8&1 Turn 1/8 L stepping fwd on R (7:30), step fwd on L (7:30), turn 1/8 L stepping R to R side (6:00)

B4: Back, Back, Fwd, Step Lock Fwd, Step 1/2 Pivot, Back, Back, Together

- 2&3 Turn 1/8 L stepping back on L (4:30), step back on R (4:30), turn 3/8 L stepping fwd on L (12:00)
- 4&5 Step fwd on R, lock L behind R, step fwd on R (12:00)
- 6& Step fwd on L, pivot 1/2 turn over R keeping weight on R (6:00)
- 7 Make a further 1/2 turn over R stepping back on L (12:00)
- 8& Step back on R, step L together

B5: Side, Hold x3 (with arms) NOTE: These 4 counts are only done during the first 2 B's

- 1,2 Step R to R side, Hold (raise hands slowly up to 12:00 for 2 counts)

keep feet apart / hold for the following

- 3 Keeping hands above your head, bend R elbow and clench fist
& Bend L elbow and clench fist to make an X
4 Lower both hands down

(3&4 "HERE- COMES -THE POWER")

PART C: 16 Counts

C1: Out, Out, Clap, Fwd, Together, Open/Close Knees, 1/8 Fwd, Flick, Back, Back, 3/8 Fwd, Touch (knee pop), 2x Knee Pops (on the spot)

- 1&2 Step R fwd and slightly to R diagonal, step L fwd and slightly to L diagonal, hold (clap)
&3&4 Step fwd on R, step L together, open both knees outwards, close both knees together
&5& Turn 1/8 R stepping R fwd (1:30), flick L foot up/ behind (1:30), step back on L (1:30)
6&7 Step back on R (1:30), Turn 3/8 L stepping fwd onto L (9:00), touch R together as you pop R knee fwd
8& Change weight onto R as you pop L knee fwd, change weight onto L as you pop R knee fwd

C2: Rock/ Recover, Together, Step Fwd, Pivot 1/4 , Cross, Side Rock/ Recover, Behind, Side

- 1,2& Rock R fwd, recover weight back onto L, bring R together
3,4& Step fwd on L, pivot ¼ R taking weight onto R, cross L over R (12:00)
5 Side Rock to R side (raise arms around/ up from 6:00 to 12:00)
6 Recover weight onto L (cross arms * like you're angry*)
7,8 Step R behind L, step L to L side (12:00)

TAG: "Motorbike"

V step, V Step, 2x Shuffles into Diagonals

- 1,2,3,4 Step R out into R diagonal, step L out into L diagonal, Step back on R, step L together

Optional hands (as if you're on a motorbike, holding the handle bars)

R arm extends fwd with a clenched fist (1), L arm extends fwd with a clenched fist (2)

Hands return to side on count 3

- 5&6& Step R out into R diagonal, step L out into L diagonal, step back on R, step L together
7&a Shuffle fwd into R diagonal -R fwd, together, fwd (1:30)
8&a Shuffle fwd into L diagonal- L fwd, together, fwd (10:30)

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Sequence:-

A, B, C

A, B, C, C

B (drop last 4 counts)

TAG

B, B, B (drop last 4 counts for each B)

TAG
