

# Mother Packs the Power

COPPER KNOB  
STEPPERS

拍數: 48      牆數: 2      級數: Phrased Beginner / Improver  
編舞者: Mark Treacy (USA) - December 2021  
音樂: Power - Solardo & Maur



#12 count intro

Sequence: A - B - 1/2 Turn - B - A\* - A - B - 1/2 Turn - B - A\*

\*Start on Left

**Pattern A: 16 counts (REPEAT FOUR TIMES FOR 64 TOTAL)**

**A[1-8] WALK, TAP**

1-2-3-4      1) Walk fwd R; 2) Walk fwd L; 3) R Tap; 4) R Tap  
5-6-7&8      5) Walk fwd R; 6) Walk fwd L; 7&8) R Tap Tap Tap

**A[9-16] WALK BACK, TAP, 1/4 TURN REVERSE TAP**

1&2      1) Walk back R; 2) Walk back L; &) R Tap  
3&4      3) Walk back R; 4) Walk back L; &) R Tap  
5&-6-7-8      5) Walk back R; &) Walk back left L; 6-7-8) 1/4 Turn Reverse R Tap Tap Tap

**Pattern B: 32 counts**

**B[1-8] WALK FOR 7, ARMS UP**

1-2-3-4      1) Walk fwd R; 2) Walk fwd L; 3) Walk fwd R; 4) Walk fwd L  
5-6-7-8      5) Walk fwd R; 6) Walk fwd L; 7) Walk R; 8) Hold - Left Foot Up, Arms Up

**B[9-16] 1/2 TURN, WALK FOR 7, HUG**

1-2-3-4      1/2 Turn left 1) Walk fwd L; 2) Walk fwd R; 3) Walk fwd L; 4) Walk fwd R  
5-6-7-8      5) Walk fwd L; 6) Walk fwd R; 7) Walk L; 8) Hold - Right Foot Up, Hug

**B[17-24] 1/2 TURN, WALK FOR 7, ARMS UP**

1-2-3-4      1/2 Turn right 1) Walk fwd R; 2) Walk fwd L; 3) Walk fwd R; 4) Walk fwd L  
5-6-7-8      5) Walk fwd R; 6) Walk fwd L; 7) Walk R; 8) Hold - Left Foot Up, Arms Up

**B[25-32] DO YOUR POWER POSE/THING**

1-2-3-4      1) Step L down; 2-3-4) Power Pose (Do YOUR Power Pose/Thing)  
5-6-7-8      (5-6-7-8) Power Pose (Do YOUR Power Pose/Thing)

**Pattern A\* (START ON LEFT): 16 counts (REPEAT FOUR TIMES FOR 64 TOTAL)**

**A[1-8] WALK, TAP**

1-2-3-4      1) Walk fwd L; 2) Walk fwd R; 3) L Tap; 4) L Tap  
5-6-7&8      5) Walk fwd L; 6) Walk fwd R; 7&8) L Tap Tap Tap

**A[9-16] WALK, TAP, QUARTER TURN REVERSE TAP**

1&2      1) Walk back L; 2) Walk back R; &) L Tap  
3&4      3) Walk back L; 4) Walk back R; &) L Tap  
5&-6-7-8      5) Walk back L; &) Walk back left R; 6-7-8) 1/4 Turn Reverse L Tap Tap Tap