

# The Power Of Life

COPPER KNOB  
STEPSHEETS

拍數: 0                      牆數: 4                      級數: Intermediate/Advanced  
編舞者: Heather Frye (CAN)  
音樂: Around the World - Aqua



Sequence: AB, AA, Tag 1, AB, AAB, Tag 2, AA, Tag 1  
When she says "I've been around the world", start counting on "world". Start dance 32 counts in

## PART A

### KICK OUT-OUT, BODY ROLL RIGHT ¼ LEFT, KNEE POPS

1&2                      Kick right forward, step out right, left  
3-4                      Body roll side right, when coming back to left side make a ¼ turn to left taking weight  
5-6                      Pop right knee forward, pop left knee forward (right will automatically straighten)  
7&8                      Pop right knee forward, pop left knee forward, pop right knee forward

**Weight ends up on left**

### KICK, KICK, SAILOR ¼ TURN RIGHT, WALK WITH WOBBLY KNEES LEFT, RIGHT, LEFT, TOUCH RIGHT

1-2                      Kick right foot forward, kick right foot at a 45 degree angle  
3&4                      Cross step right behind left (angle body slightly), step left to side, step right slightly forward to right side making a ¼ turn right  
5-6                      Step forward left, step forward right  
7-8                      Step forward left, touch right beside left

**While doing this, knock your knees together to look like wobbly knees**

### SIDE SHUFFLE, CROSS BEHIND UNWIND FULL TURN LEFT, ROCK STEP, BEHIND BALL CROSS

1&2                      Shuffle side right, left beside, right  
3-4                      Cross left behind right, unwind full turn to the left keeping weight on left

#### Alternate steps

3-4                      Step left beside right, touch right beside left  
5-6                      Rock to side right, recover weight onto left  
7&8                      Step right behind left, step left to left side, step right across left

### KICK, KICK, LEFT SAILOR STEP, CROSS RIGHT OVER LEFT, UNWIND ¾ TURN LEFT

1-2                      Kick left foot forward, kick left foot at a 45 degree angle  
3&4                      Cross step left behind right (angle body slightly), step right to side, step left slightly forward and to left side  
5                          Cross right over left  
6-7-8                      Unwind to left ¼, another ¼, and another ¼ to complete a ¾ turn

**When unwinding separate and exaggerate each ¼ turn. Weight ends up on left.**

## TAG 1

**At the end of the 3rd Part A (facing 9:00) and at the very end of the dance (facing 12:00)**

&1-2                      Step out right, then left (shoulder width apart), put arms straight up in the air  
3-4                      Bring arms down to sides, weight should be mostly on left

## PART B

**Part B ends facing the same wall at which you started it**

### STEP TOUCH, STEP TOUCH, ROGER RABBITS

1-2                      Step forward on an angle to the right, touch left beside right  
3-4                      Step back on an angle to the left, touch right beside left  
&5&6                      Raise right foot, right step behind left, raise left foot, left step behind right  
&7&8                      Raise right foot, right step behind left, rock forward onto left, recover onto right

## **STEP LOCK & STEP BRUSH, ROCK STEP PIVOT ½ TURN LEFT ON RIGHT, STEP FORWARD ON LEFT, RIGHT**

- 1-2 Left step forward, lock step right behind left
- &3-4 Small step forward left, right step forward, brush left foot forward
- 5-6 Rock forward onto left, recover onto right
- 7-8 Pivot ½ turn left on right foot stepping forward on left, step forward on right
- 9-16 Repeat counts 1-8

## **KICK & KICK BALL CHANGE, TOUCH, CROSS RIGHT BEHIND LEFT UNWIND A FULL TURN, LEFT MAMBO STEP**

- 1&2 Kick left foot forward, left step home, kick right foot forward
- &3 Rock right back, step left in place
- 4 Touch right to right side
- 5-6 Cross right behind left, unwind full turn to the right transferring weight to right

### **Alternate steps**

- 5-6 Step right beside left, touch left beside right
  
- 7&8 Rock onto left foot, recover weight onto right foot, step left beside right

## **KICK & KICK BALL CHANGE, TOUCH, CROSS LEFT BEHIND RIGHT UNWIND SLOWLY ONE FULL TURN**

- 1&2 Kick right foot forward, right step home, kick left foot forward
- &3 Rock left back, step right in place
- 4-5 Touch left to left side, cross left behind right
- 6-7-8 Unwind slowly a full turn to the left transferring weight to left

### **Alternate steps**

- 5-6 Step left beside right, touch right beside left
- 7-8 Hold

## **TAG 2**

### **At the end of the 3rd Part B (facing 6:00)**

- 1&2 Kick right forward, step to right side, touch left beside right
- 3&4 Bump hips left, right, left
- 5&6 Kick right forward, step to right side, touch left beside right
- 7&8 Bump hips left, right, left

### **Weight ends up on left**

**The dance ends facing the same wall at which that you started**

**Special thanks to my husband Noel and son Nicholas for their love & support. You are my power to life.**

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