

# Power Up

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Kathy Gurdjian (USA)  
音樂: More Power To Handle - Buck Wild



## HEEL SWIVELS, LEANING HIP BUMPS, HITCH

- 1-2 Swivel both heels to the left and up, bring back to center, (stay on toes)  
3-4 Repeat 1-2  
5 Step left as you bump hips to left  
**Weight on left leaning a little to the left, right knee is bent, left knee is straight**  
6 Bump hips to right  
**Keeping weight on left side, right leg is straight, left knee is bent**  
7 Bump hips to left  
**Weight still on left, lean a little more left, right knee is bent, left knee is straight**  
8 Hitch up right knee

## VINE RIGHT WITH ¼ TURN RIGHT, HITCH, STEP, LOCK, ½ TURN LEFT, HITCH

- 1-2 Step right to right side, cross left behind right  
3-4 Step right to right side as you turn ¼ turn right, hitch up left knee  
5-6 Step forward left, slide right up and lock behind outside left heel (weight to right)  
7-8 Step forward on left as you make a ½ turn left, hitch up right knee

## ROCK FORWARD, ROCK BACK, STEP, STOMP, STEP, STOMP

- 1-2 Rock right forward, rock back on left  
3-4 Rock right back, rock forward on left  
5-6 Step right forward, stomp left next to right (as you drop your weight onto left bending your knees, like a broken ankle)  
7-8 Repeat 5-6

## TOE TOUCHES, BRUSH, STOMP

- 1-2 Touch right toe to right side, touch right toe forward on left angle  
3-4 Touch right toe to right side, step right center  
5-6 Touch left toe to left side, touch left toe center  
7-8 Brush left toe from front to back, (like trying to wipe something off the bottom of your boot, count 7), stomp left center (count 8)

**REPEAT**

---