

# Powered Up

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Warren Mitchell (AUS)  
音樂: The Power - Vanessa Amorosi



Start dance 16 counts after vocals of Vanessa singing "Give Me The Power"

## ROCK RIGHT, STEP LEFT, ROCK BEHIND, FORWARD

&1-2-3      Rock right to right, step left to left, rock right behind left, step left on spot

## SHUFFLE MAKING ¼ TURN RIGHT, PIVOT ½ RIGHT

4&5      Shuffle to right right-left-right making ¼ turn to right  
6-7      Step left forward pivoting ½ to right (weight on right)

## SHUFFLE FORWARD, PIVOT ½ LEFT

8&9      Shuffle forward left-right-left  
10-11      Step right forward pivoting ½ to left (weight on left)

## ROCK FORWARD, ROCK BACK, STEP BACK, HEEL FORWARD, TOE BACK, UNWIND ½ LEFT, LEFT COASTER

12-13      Rock right forward, step left on spot  
&14-15      Step right back, touch left heel forward, touch left toe back  
16-17&18      Unwind ½ to left (leaving weight on right), left coaster step

## SHUFFLE FORWARD, PIVOT ¼ RIGHT

19&20      Shuffle forward right-left-right  
21-22      Step left forward pivoting ¼ to right (weight on right)

## LEFT SHUFFLE OVER ROCK TO RIGHT, STEP TO LEFT

23&24      Cross left over right, step right to right, step left over right (left shuffle over right)  
25-26      Rock right to right, step left on spot

## STEP BEHIND, STEP TO SIDE, RIGHT SHUFFLE OVER LEFT, CHA-CHA TURNING ½ RIGHT

27-28      Step right behind left, step left to left  
29&30      Step right over left, step left to left, step right over left (right shuffle over left)  
31-32      Cha-cha on spot left-right-left making ½ turn to right (left foot should be slightly forward)

## REPEAT

### Restart

Finish 5th wall on count 16, then restart the dance from the beginning. After this restart you will now be dancing the dance starting from the side walls

### TAG

Finish 9th wall as per dance on count 32 you will have the left foot slightly forward, here you will put hands out to the sides - palms down - holding for four beats: continue the dance as normal from there