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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