Powerful Thing



拍數: 32 牆數: 4 級數: Intermediate/Advanced

編舞者: Sandi Brooks (USA)

音樂: Powerful Thing - Trisha Yearwood



HEEL KICKS TO THE FRONT (RIGHT, LEFT, 2 RIGHT, LEFT, RIGHT, 2 LEFT)

Tap right heel forward, bring right back next to left/centerTap left heel forward, bring left back next to right/center

3-4 Tap right heel forward 2 times & Bring right next to left/center

Tap left heel forward, bring left back next to right/centerTap right heel forward, bring right back next to left/center

7-8 Tap left heel forward 2 times

CRACKER JACK JUMPS & FORWARD ROCK STEP

&-1 Jump left back and to the left while tapping right heel forward and at a 45 degree angle to the

right

2 Jump both feet to together/center (underneath your body)

&-3 Jump right slightly back and to the right, while tapping the left heel forward and at a 45

degree angle to the left

4 Jump both feet to together/center (underneath your body)

&-5 Jump left slightly back and to the left while tapping right heel forward and at a 45 degree

angle to the right

5 Jump both feet to together/center (underneath your body)

7-8 Rock forward on the right (getting momentum to spin), shift weight to left foot

2 PIVOT TURNS, RIGHT COASTER, LEFT KICK BALL CHANGE, LEFT TRIPLE STEP WITH ½ TURN LEFT

1 Turn a ½ turn to the right stepping forward on right foot

2 Turn another ½ turn to the right stepping back on left, foot (this finishes the full turn)

3&4 Step back on right, step back on left, step forward on right

5&6 Left kick ball change

7&8 Step forward on left, slide right foot up to heel of left, step forward on left turning a ½ turn left

BACK RIGHT TRIPLE STEP, LEFT ROCK STEP, FORWARD LEFT TRIPLE STEP, ¾ SPIN TO THE LEFT

1 Step back on the ball of the right foot

& Slide left foot back to toe of right

2 Step/slide right back

3-4 Rock back on left, step/shift weight to right

5&6 Step forward on left, slide right foot up to heel of left, step forward on left

7-8 Spin a ¾ turn to left

REPEAT