

# Power To The People

COPPER KNOB  
BY SHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Michael Barr (USA) - March 2013  
音樂: (For God's Sake) Give More Power To the People - Joss Stone : (Album: Soul Sessions Vol. 2)



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Intro: 16 counts

## [1-8] STEP FORWARD, 1/2 TURN LEFT, TRIPLE 1/2 LEFT ~ ROCK, RETURN, 3/4 TURN RIGHT

- 1 - 2      Step R forward; Turn ½ left taking weight onto L [6 o'clock]  
3 & 4      Step R forward; Turn ¼ left cross-stepping L in front of R; Turn ¼ left stepping back on R [12 o'clock]  
5 - 6      Rock step back onto L; Return weight onto R in place  
7 & 8      Step L forward; Turn ½ right taking weight onto R; Turn ¼ right stepping L side left [9 o'clock]

## [9-16] SYNCOPATED ROCKS (w/ knee pop) ~ BEHIND, 1/4 LEFT, STEP FORWARD, 1/2 LEFT

- 1&2&      Cross rock R front of L; (&) Return wt. to L in place; Step R side right; (&) Cross rock L front of R  
3 & 4      Return wt. to R in place; (&) Step ball of L side left, pop Both knees; Return heels to floor wt. on L

**Note: Only step on the ball of the L (& ct. of 3 & 4 above) as you pop your knees (heels come off floor).**

- 5 - 6      Step R back behind left; Turn ¼ left stepping forward on L [6 o'clock]  
7 - 8      Step R forward; Turn ½ left taking weight onto L [12 o'clock]

## [17-24] QUICK LOCK, FORWARD, FORWARD, 1/4 RIGHT, CROSS ~ SYNCOPATED HIP BUMPS

- &1 - 2      (&) Step R forward; (1) Lock/Step L foot behind R; (2) Step R forward  
3 & 4      Step L forward; Turn ¼ right taking weight onto R in place; Cross step L in front of R [3 o'clock]  
5&      Small step on ball of R side right bumping R hip right; Return weight to L as you lower (knees bent)  
6&      Bump R hip right (wt. right still low with bent knees); Return weight to L  
7&      Rise slightly onto ball of R bumping R hip right; Return weight to L as you lower slightly (knees bent)  
8      Transfer weight to R (or take a small step to the right on the R foot)

**Note: As you do the bumps think of forming the letter "C".**

## [25-32] BEHIND-SIDE-CROSS-SIDE-CROSS, UNWIND 1/2 ~ LOCK STEP BACK, COASTER STEP

- 1&2      Step L behind R; Step R side R; Cross step L in front of R  
&3      Step R side right; Cross step L in front of R  
4      Unwind ½ turn right in place keeping weight back on the L foot [9 o'clock]  
5 & 6      Step back on R; Lock step L foot back in front of R; Step R back  
7 & 8      Step L back; Step R next to L; Step L forward

**Option: On count "&" of 7&; push off the R onto your L with a low flick of the R foot.**

Begin Again!

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