

Powerful Stuff

拍數: 52 牆數: 4 級數: High Intermediate
編舞者: Alan Birchall (UK) - June 2014
音樂: Powerful Stuff - Rascal Flatts : (CD: Rewind)



Start: On Lyrics - Seconds: 10 [Count: 16 - BPM: 100]

LOCK STEPS x2, ROCK FORWARD, RECOVER, 1½ TRIPLE TURN

1-2& Step Forward On Right, Lock Left Behind Right, Step Forward On Right
3-4& Step Forward On Left, Lock Right Behind Left, Step Forward On Left
5-6 Rock Forward On Right, Recover On Left
7&8 1½ Triple Turn Right Stepping Right, Left, Right [6:00]

Alternative: ½ Triple Turn

STEP, ¼ PIVOT, CROSS, SIDE, KICK, STEP, CROSS, UNWIND, SIDE SHUFFLE

9-10 Step Forward On Left, ¼ Turn Right □ [9:00]
11&12 Cross Left Over Right, Step Slightly Back On Right, Kick Left To Left Diagonal
&13-14 Step Left By Right, Cross Right Over Left, Unwind A Full Turn Left
15&16 Step Left To Left, Step Right By Left, Step Left To Left

STEP ¼ TOUCHES x 2, TOE SWITCHES, BIG STEP, TOUCH

17-18 Making a ¼ Turn Left, Step Right To Right, Touch Left By Right (Click Fingers) [6:00]
19-20 Making a ¼ Turn Left, Step Left To Left, Touch Right By Right (Click Fingers) □ [3:00]
21&22& Touch Right To Right, Step Right By Left, Touch Left To Left, Step Left By Right
23-24 Take A Big Step To Right, Touch Left By Right

HIP BUMPS, JAZZ BOX

25-26 Step Diagonally Forward On Left Bumping Hips Forward, Bump Hips Back
27&28 Bump Hips Forward, Bump Hips Back, Bump Hips Forward (Weight Ends Forward On Left)
29-30 Cross Right Over Left, Step Back On Left
31-32 Step Right To Right, Step Forward On Left

FULL PADDLE TURN, STEP, FULL PADDLE TURN, TOUCH

33&34& On Ball Of Left Make ¼ Turn Left, Touch Right To Right, Make ¼ Turn Left, Touch Right To Right
35&36 On Ball Of Left Make ¼ Turn Left, Touch Right To Right, Make ¼ Turn Left, Step Right By Left
37&38& On Ball Of Right Make ¼ Turn Right, Touch Left To Left, Make ¼ Turn Right, Touch Left To Left
39&40 On Ball Of Right Make ¼ Turn Right, Touch Left To Left, Make ¼ Turn Right, Touch Left By Right

MAMBO FORWARD, MAMBO BACK, PRISSY WALKS, ROCK

41&42 Rock Forward On Left, Recover On Right, Step Back On Left
43&44 Rock Back On Right, Recover On Left, Step Forward On Right

Tag & Restart Here During Wall 2

45-46 Crossing Left Over Right Step Forward On Left, Crossing Right Over Left Step Forward On Right
47-48 Crossing Left Over Right Step Forward On Left, Rock Forward On Right

RECOVER ON LEFT, ½ TURN, FULL TRIPLE TURN

49-50 Recover On Left, Making ½ Turn Right Step Forward On Right □ 9:00
51&52 Full Triple Turn Right Stepping Left Right Left □ Alternative: Left Shuffle Forward

START AGAIN

TAG: Wall 2 after 44 counts

1-2 Step Forward On Left, ½ Pivot Right

3&4 Full Triple Turn Right Stepping Left Right Left Alternative: Left Shuffle Forward

Restart The Dance Facing 6:00

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