

# The Power Of Life

**COPPER** KNOB  
STEPSHEETS

Count: 0

Wand: 4

Ebene: Intermediate/Advanced

Choreograf/in: Heather Frye (CAN)

Musik: Around the World - Aqua



Sequence: AB, AA, Tag 1, AB, AAB, Tag 2, AA, Tag 1

When she says "I've been around the world", start counting on "world". Start dance 32 counts in

## PART A

### KICK OUT-OUT, BODY ROLL RIGHT $\frac{1}{4}$ LEFT, KNEE POPS

- 1&2 Kick right forward, step out right, left
- 3-4 Body roll side right, when coming back to left side make a  $\frac{1}{4}$  turn to left taking weight
- 5-6 Pop right knee forward, pop left knee forward (right will automatically straighten)
- 7&8 Pop right knee forward, pop left knee forward, pop right knee forward

Weight ends up on left

### KICK, KICK, SAILOR $\frac{1}{4}$ TURN RIGHT, WALK WITH WOBBLY KNEES LEFT, RIGHT, LEFT, TOUCH RIGHT

- 1-2 Kick right foot forward, kick right foot at a 45 degree angle
- 3&4 Cross step right behind left (angle body slightly), step left to side, step right slightly forward to right side making a  $\frac{1}{4}$  turn right
- 5-6 Step forward left, step forward right
- 7-8 Step forward left, touch right beside left

While doing this, knock your knees together to look like wobbly knees

### SIDE SHUFFLE, CROSS BEHIND UNWIND FULL TURN LEFT, ROCK STEP, BEHIND BALL CROSS

- 1&2 Shuffle side right, left beside, right
- 3-4 Cross left behind right, unwind full turn to the left keeping weight on left

#### Alternate steps

- 3-4 Step left beside right, touch right beside left
- 5-6 Rock to side right, recover weight onto left
- 7&8 Step right behind left, step left to left side, step right across left

### KICK, KICK, LEFT SAILOR STEP, CROSS RIGHT OVER LEFT, UNWIND $\frac{3}{4}$ TURN LEFT

- 1-2 Kick left foot forward, kick left foot at a 45 degree angle
- 3&4 Cross step left behind right (angle body slightly), step right to side, step left slightly forward and to left side
- 5 Cross right over left
- 6-7-8 Unwind to left  $\frac{1}{4}$ , another  $\frac{1}{4}$ , and another  $\frac{1}{4}$  to complete a  $\frac{3}{4}$  turn

When unwinding separate and exaggerate each  $\frac{1}{4}$  turn. Weight ends up on left.

## TAG 1

At the end of the 3rd Part A (facing 9:00) and at the very end of the dance (facing 12:00)

- &1-2 Step out right, then left (shoulder width apart), put arms straight up in the air
- 3-4 Bring arms down to sides, weight should be mostly on left

## PART B

Part B ends facing the same wall at which you started it

### STEP TOUCH, STEP TOUCH, ROGER RABBITS

- 1-2 Step forward on an angle to the right, touch left beside right
- 3-4 Step back on an angle to the left, touch right beside left
- &5&6 Raise right foot, right step behind left, raise left foot, left step behind right
- &7&8 Raise right foot, right step behind left, rock forward onto left, recover onto right

**STEP LOCK & STEP BRUSH, ROCK STEP PIVOT ½ TURN LEFT ON RIGHT, STEP FORWARD ON LEFT, RIGHT**

- 1-2 Left step forward, lock step right behind left
- &3-4 Small step forward left, right step forward, brush left foot forward
- 5-6 Rock forward onto left, recover onto right
- 7-8 Pivot ½ turn left on right foot stepping forward on left, step forward on right
- 9-16 Repeat counts 1-8

**KICK & KICK BALL CHANGE, TOUCH, CROSS RIGHT BEHIND LEFT UNWIND A FULL TURN, LEFT MAMBO STEP**

- 1&2 Kick left foot forward, left step home, kick right foot forward
- &3 Rock right back, step left in place
- 4 Touch right to right side
- 5-6 Cross right behind left, unwind full turn to the right transferring weight to right

**Alternate steps**

- 5-6 Step right beside left, touch left beside right
- 7&8 Rock onto left foot, recover weight onto right foot, step left beside right

**KICK & KICK BALL CHANGE, TOUCH, CROSS LEFT BEHIND RIGHT UNWIND SLOWLY ONE FULL TURN**

- 1&2 Kick right foot forward, right step home, kick left foot forward
- &3 Rock left back, step right in place
- 4-5 Touch left to left side, cross left behind right
- 6-7-8 Unwind slowly a full turn to the left transferring weight to left

**Alternate steps**

- 5-6 Step left beside right, touch right beside left
- 7-8 Hold

**TAG 2**

**At the end of the 3rd Part B (facing 6:00)**

- 1&2 Kick right forward, step to right side, touch left beside right
- 3&4 Bump hips left, right, left
- 5&6 Kick right forward, step to right side, touch left beside right
- 7&8 Bump hips left, right, left

**Weight ends up on left**

**The dance ends facing the same wall at which that you started**

**Special thanks to my husband Noel and son Nicholas for their love & support. You are my power to life.**

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