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| Power Over Me |  |

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| **Count:** | 48 | **Wall:** | 2 | **Level:** | Intermediate | . |
| **Choreographer:** | Roy Verdonk (NL), Annette Rosendahl Dam (DK) & Jef Camps (BEL) - January 2019 | | | | |
| **Music:** | Power Over Me - Dermot Kennedy | | | | |
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**#16 count intro**

**S1: SIDE, BEHIND, SIDE, VAUDEVILLE, & HEEL GRIND, BEHIND-SIDE-CROSS**

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| 1-2& | RF step side, LF cross behind RF, RF step side |

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| 3&4& | LF cross over RF, RF step slightly to R side, LF dig heel diagonally forward, LF close next to RF |

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| --- | --- |
| 5-6 | RF cross over LF on R-heel, LF step side while twisting on R-heel (toes pointing R) |

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| 7&8 | RF cross behind LF, LF step side, RF cross over LF |

**S2: CHASSE, SHUFFLE 1/2 TURN, 1/2 BACK, SWEEP, SAILOR 1/8 TURN**

|  |  |
| --- | --- |
| 1&2 | LF step side, RF close next to LF, LF step side |

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| --- | --- |
| 3&4 | ¼ turn R & RF step side, LF close next to RF, ¼ turn R & RF step forward (6:00) |

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| 5-6 | ½ turn R & LF step back, RF sweep backwards (12:00) |

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| --- | --- |
| 7&8 | RF cross behind LF, LF step side, RF step into R diagonal (1:30) |

**S3: BALL, ROCK FWD/RECOVER, COASTER STEP, STEP FWD, SWEEP, 1/8 CROSS SAMBA**

|  |  |
| --- | --- |
| &1-2 | LF close on ball next to RF, RF rock forward, recover on LF (still facing 1:30) |

|  |  |
| --- | --- |
| 3&4 | RF step back, LF close next to RF, RF step forward (still facing 1:30) |

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| --- | --- |
| 5-6 | LF step forward, RF sweep forward (still facing 1:30) |

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| 7&8 | 1/8 turn R & RF cross over LF, LF step side, RF step side (3:00) |

**S4: KICK, CROSS, TOUCH, BALL, HEEL, BALL, TOUCH, STEP, 1/2 PIVOT, STEP-LOCK-STEP**

|  |  |
| --- | --- |
| 1&2& | LF kick in R diagonal, LF cross over RF, RF touch behind LF, RF step back on ball |

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| --- | --- |
| 3&4 | LF dig heel forward, LF close on ball next to RF, RF touch next to LF |

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| 5-6 | RF step forward, make ½ turn L putting weight on LF (9:00) |

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| 7&8 | RF step forward, LF lock behind RF, RF step forward |

**S5: PRISSY WALKS WITH SWEEPS, CROSS, 1/4 BACK, SHUFFLE 1/2 TURN**

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| 1-2 | LF step forward/slightly across RF, RF sweep forward |

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| --- | --- |
| 3-4 | RF step forward/slightly across LF, LF sweep forward |

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| --- | --- |
| 5-6 | LF cross over RF, make ¼ turn L & RF step back (6:00) |

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| --- | --- |
| 7&8 | ¼ turn L & LF step side, RF close next to LF, ¼ turn L & LF step forward (12:00) |

**S6: ROCK FWD/RECOVER, SHUFFLE 1/2, ROCK FWD/RECOVER, COASTER CROSS**

|  |  |
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| 1-2 | RF rock forward, recover on LF |

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| --- | --- |
| 3&4 | ¼ turn R & RF step side, LF close next to RF, ¼ turn R & RF step forward (6:00) |

|  |  |
| --- | --- |
| 5-6 | LF rock forward, recover on RF |

|  |  |
| --- | --- |
| 7&8 | LF step back, RF close next to LF, LF cross over RF |

**Have fun!**

**Tag + Restart: in wall 6 there will be step change for counts 31&32 (step-lock-step in 4th section) by adding a 6 count Tag before Restarting the dance to 12:00**

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| 31-32 | Make ¼ turn L & RF step side, hold |

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| 1-2-3-4 | make half a circle with both hands over 4 counts starting corssed in front of chest, moving down and then sideways/out and going up to the sky |

**Note:**

**It seems to be hard to count in the track before starting, it can be easier to start counting like this:**

|  |  |
| --- | --- |
| 1-2-3-4-5-6 1-2-3-4-5-6 5-6-7-8 | and then start dancing |

**Sites: www.littlejeff.be - www.dutchdanceacademy.com**