

Unleash The Power

COPPER KNOB
STEPSHEETS

拍数: 80 墙数: 1 级数: Phrased Advanced
编舞者: Fiona Murray (IRE) & Roy Hadisubroto (NL) - January 2022
音乐: Unleash the Power (feat. Sam Tinnesz & Rayelle) - Hidden Citizens



Intro: 16 count intro from start of music. Start with weight on L foot

Sequence: A, B, Tag, A, B, B

Part A Always begins and ends facing 12:00

- 1 - 8 Side, $\frac{1}{8}$ Turn Rock Recover, Back Sweep, Sailor $\frac{3}{8}$ Turn, Forward Presses RLR
1 - 2 & Step R to R side (1), $\frac{1}{8}$ Turn R Rock L forward (2), Recover back on R (&) 12:00
3 - 4 & Step L back and sweep R from front to back (3), Cross R behind L (4), $\frac{3}{8}$ Turn L Step L forward (&) 9:00
5&a 6&a Rock forward on ball of R (5), Recover back on L (&), Close R next to L (a), Rock forward on ball of L (6), Recover back on R (&) Close L next to R (a) 9:00
7 - 8 & Rock forward on ball of R (7), Recover back on L (8) Step R back (&) 9:00

[9 - 16] $\frac{1}{4}$ Turn Dip, Ball Step, Arabesque, $\frac{3}{4}$ Turn, Syncopated Side Mambos L&R, Slide with drag, Heel Toe Hitch

- 1 &a $\frac{1}{4}$ Turn L Step L to L side starting dip down (1), Finish on dip transferring weight on R (&), Close L next to R (a) 6:00
2 - 3 - 4 Step R to R side while starting to raise L leg to L side and pushing R arm towards 9:00 (2), Keep raising L leg and pushing R arm toward 9:00, begin turning towards 9:00 (3), Finish $\frac{1}{4}$ Turn R Step L forward (4), $\frac{1}{2}$ Turn R Step R forward (&) 3:00
5&a 6&a $\frac{1}{4}$ Turn R Rock L to L side (5), Recover on R (&), Close L next to R (a), Rock R to R side (6), Recover on L (&), Close R next to L (a), 6:00
7 - 8 &a Big step L to L side and begin dragging R towards L (7), R heel towards L (8), R toe towards L (&), Hitch R knee (a) 6:00

[17 - 24] Cross, Slow Unwind $\frac{1}{2}$ Turn with bounces, Side Together, Shoulders, Cross Ball Step, Cross Sweep, Weave

- 1e&a2e&a Cross R over L, bend both knees and unwind $\frac{1}{8}$ Turn L (1), Unwind $\frac{1}{8}$ Turn L, straighten knees (e), Unwind $\frac{1}{8}$ Turn L Bend knees (&), Unwind $\frac{1}{8}$ Turn L straighten knees (a), Unwind $\frac{1}{8}$ Turn L Bend knees (2), Unwind $\frac{1}{8}$ Turn L straighten knees (e), Unwind $\frac{1}{8}$ Turn L Bend knees (&), Unwind $\frac{1}{8}$ Turn L straighten knees, weight on L (a) 12:00
3 & 4e& Step R to R side (3), Close L next to R, body angles 10:30 (&), L shoulder up (4), R shoulder up (e), L shoulder up (&) 12:00
5 &a 6&a7 Cross R over L (5), Step L to L side (&), Close R next to L (a), Cross L over R (6), Sweep R from back to front(&) Finish sweep brushing R forward (a7), 12:00
& 8 & Cross R over L (&), Step L to L side (8), Cross R behind L (&) 12:00

[25 - 32] Side Touch, Side Hitch, $\frac{1}{4}$ Side Touch, Side Hitch, Side Hold Ball Change, Cross $\frac{3}{4}$ Unwind Hitch, Shuffle

- 1 & 2 & Step L to L side (1), Touch R next to L (&), Step R to R side (2), Hitch L (&) 12:00
3 & 4 & $\frac{1}{4}$ Turn L Step L to L side (3), Touch R next to L (&), Step R to R side (4), Hitch L (&) 9:00
5 & a6 & Step L to L side (5), HOLD (&), Close R next to L (a), Step L to L side (6), Cross R over L (&) 9:00
7 & 8 &a Unwind $\frac{3}{4}$ Turn L, weight on R (7), Hitch L (&), Step L forward (8), Close R next to L (&), Step L forward (a) 12:00

Part B

[1 - 8] Forward Hitch, Mambo L, Out R&L, Willy Bounce R&L, Slide

- 1 - 2 Step R forward (1), Hitch L (2) 12:00

- 3 & 4 Rock L to L side (3), Recover on R (&), Close L next to R while bending both knees and bring both arms from waist height up until chest height in front of body (4/"Down") 12:00
- 5 & 6 Staying low, Step R into R diagonal (5), Step L into L diagonal (&), Twist outside of R heel and R hip towards 12:00, (6), R heel and R hip back to centre (&) 12:00
- 7 & 8 & Twist outside of L heel and hip towards 12:00 (7), L heel and hip back to centre (&), Coming back to standing, Slide R to R side (8) 12:00

[9 - 16] Forward Hitch, Mambo R, Full Chase Turn, ¼ Turn Side with Arms "Kame-hame-ha"

- 1 - 2 Step L forward (1), Hitch R (2) 12:00
- 3 & 4 & Rock R to R side (3), Recover on L (&), Pushing onto balls of both feet while closing L next to R and bring both arms from chest height down until waist height in front of body (4/"Rise"), Drop both heels (&) 12:00
- 5 & 6 & Step L forward (5), ½ Turn R Step R forward (&), ½ Turn R Step L back (6), ¼ Turn R Step R to R side (&) 3:00
- 7 & 8 R arm palm down in front of chest (7/"Un"), L arm palm down in front of waist (&/"Leash"), ¼ Turn L weight split, rotate hands clockwise while pushing both arms forward so R palm is now under L palm (8/"The Power") 12:00

[17 - 24] Forward, Run, Out L&R, Knee Twist Side, Rock Recover, ¼ Turn Slide, Syncopated Sailors, Side & Shake

- 1 - 2 Step forward L pushing off R, pull arms towards body (1), Step R forward, as if running (2) 12:00
- & 3 - 4 & Step L out (&), Step R out (3), Twist R knee towards L (4), R knee back to forward facing, transfer weight onto R (&) 12:00
- 5 & 6 & Rock L forward (5), Recover back on R (&), ¼ Turn L Slide L to L side (6) 9:00
- 7e&a 8 & Cross R behind L (7), Step L into L diagonal (e), Step R into R diagonal (&), Cross L behind R (a), Step R into R diagonal (8) Jump L to L side R arm to R side L arm across body both palms down and shake hands (&) 9:00

[25 - 32] Cross Rock Recover, Back Sweep RL, Pony Step, Back Sweep LR, Forward Glide R&L, Forward

- 1 - 2 & Cross R over L (1), Rock L forward (2), Recover back on R (&), 6:00
- 3 & 4e&a Step L back sweeping R from front to back (3), Step R back sweeping L from front to back (&), Step L back and hitch R (4), Step R in place (e), Step L back and hitch R (&), Step R in place (a) 6:00
- 5 & 6 Step L back sweeping R from front to back (5), Step R back sweeping L from front to back (&), Step L back and hitch R (6), Step R in place (e), Step L back and hitch R (&) 6:00
- 7 - 8 & Glide R forward (7), Glide L forward (8), Step R forward (&) 6:00

[33 - 40] Forward, Run, Out L&R, Knee Twist Side, Rock Recover, ¼ Turn Slide, Syncopated Sailors, Side & Shake

- 1 - 2 Step forward L, pull arms towards body (1), Step R forward, as if running (2) 6:00
- & 3 - 4 & Step L out (&), Step R out (3), Twist R knee towards L (4), R knee back to forward facing, transfer weight onto R (&) 6:00
- 5 & 6 & Rock L forward (5), Recover back on R (&), ¼ Turn L Slide L to L side (6) 3:00
- 7e&a 8 & Cross R behind L (7), Step L into L diagonal (e), Step R into R diagonal (&), Cross L behind R (a), Step R into R diagonal (8) Jump L to L side R arm to R side L arm across body both palms down and shake hands (&) 3:00

[41 - 48] Cross Rock Recover, Back Sweep RL, Pony Step, Back Sweep LR, Step Lock Full Unwind

- 1 - 2 & Cross R over L (1), Rock L forward (2), Recover back on R (&), 12:00
- 3 & 4e&a Step L back sweeping R from front to back (3), Step R back sweeping L from front to back (&), Step L back and hitch R (4), Step R in place (e), Step L back and hitch R (&), Step R in place (a) 12:00
- 5 & 6e& Step L back sweeping R from front to back (5), Step R back sweeping L from front to back (&), Step L back and hitch R (6), Step R in place (e), Step L back and hitch R (&) 12:00
- 7 & 8 Step R forward (7), Lock L behind R (&), Unwind full turn, weight finishes on L (8) 12:00

Tag: Happens once after first B, facing 12:00

[1 - 8] Diamond

1 - 2 &	Step R to R side (1), $\frac{1}{8}$ Turn L Step L back (2), Step R back (&)	10:30
3 - 4 &	$\frac{1}{8}$ Turn L Step L to L side (3), $\frac{1}{8}$ Turn L Step R forward (4), Step L forward (&)	7:30
5 - 6 &	$\frac{1}{8}$ Turn L Step R to R side (5), $\frac{1}{8}$ Turn L Step L back (6), Step R back (&)	4:30
7 - 8 &	$\frac{1}{8}$ Turn L Step L to L side (7), $\frac{1}{8}$ Turn L Step R forward (8), $\frac{1}{8}$ Turn L Step L forward (&)	12:00

Note: We have included some words next to the counts to make it easier to learn. These movements will happen on these words in the song.

START AGAIN AND HAVE FUNNNN

DARE TO BE UNIQUE
