

Power of a Woman

COPPERKNOB
BY SHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Torion Hayden - April 2025
音乐: Power Of A Woman - Ella Mai



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

MAMBOS UP AND BACK, , SIDE MAMBO, FULL RIGHT TURN GOING RIGHT RLRL

1&2&3& Rock up on left, recover on right then step on left, rock back on right, recover on left then right
4 Step lifting up heel on right foot
5 6 Step right to right, bring it in with a tap for 6
7&8 Step on right to start full turn to right in place, continue on left and right

FORWARD DRAGS IN, SIDE DRAG IN, KNEE LIFT, K STEP

1 Place left foot in front, drag it in
2 Place right foot in front, drag it in
3 Place left foot to side, drag it in
4 Lift left knee up
5 6 7 8 Rock up on left, recover on right, rock back on left, recover on right

NIGHT CLUB BASICS TO LEFT, RIGHT, LEFT, OUT IN OUT IN

1 2& 3 4& Step to left, rock right foot behind left, recover on left, step to right, left foot behind, recover right
5 6& 7&8& Step to left, rock right foot behind left, recover on left, step to right, left foot out, in, out, in

FORWARD DIAGONAL STEP, DRAG, DIAGONAL CHA CHA, ROCK UP, THREE QUARTER LEFT TURN

1 2& Step diagonal forward on right, drag left foot up to right, recover on right
3&4 Cha forward on left diagonal left, right, left
5 Rock up on right
6 Recover on left
7 8 Make three quarter turn left walking right, left

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