

Powerless

拍数: 80 墙数: 2 级数: Intermediate
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音乐: Powerless (Say What You Want) - Nelly Furtado



ROCK SWITCH ROCK, BOUNCE TURN ½ LEFT, LEFT COASTER

1-2& Rock forward on right, recover back onto left, step right next to left
3-4& Rock forward on left, recover back onto right, step left next to right
5&6 Step forward on right, bounce heels twice doing ½ turn left (&6)
7&8 Step back on left, step right next to left, step left forward

RIGHT SHUFFLE FORWARD, ROCK LEFT, CROSS SHUFFLE, ½ TURN LEFT

1&2 Right shuffle forward
3-4 Rock left out to left side, recover onto right
5&6 Cross shuffle left over right
7-8 Turn ¼ left stepping back onto right, turn ¼ left stepping left to side

2 WALKS & HEEL, HOLD TWICE

1-2 Walk forward on right, walk forward on left
&3-4 Step back on right, left heel forward, hold
&5-6 Step left next to right, walk forward on right, walk forward on left
&7-8 Step back on right, left heel forward, hold

ROCKING CHAIR, 2X ½ PIVOTS LEFT

&1-2 Step left next to right, rock forward on right, recover back onto left
3-4 Rock back on right, rock forward onto left
5-6 Step forward on right, ½ pivot left
7-8 Step forward on right, ½ pivot left

SHUFFLES AND ROCKS WITH ¼ LEFT

1&2 Right shuffle forward
3-4 Rock forward on left, recover back onto right
5&6 Left shuffle back
7-8 Rock back on right, recover ¼ left onto left foot
9-32 Repeat 8 counts above 3 more times (full turn in total)

ROCK & CROSS, TRIPLE ½ CROSS, ROCK & CROSS, LEFT, TOGETHER

1&2 Rock to right, recover onto left, cross right over left
3&4 ¼ right stepping back onto left, ¼ right stepping right to side, cross left over right
5&6 Rock to right, recover onto left, cross right over left
7-8 Large step to left, step right next to left

PADDLE TURNS RIGHT (FULL TURN) PADDLE TURNS LEFT (FULL TURN)

1-2 ¼ right touch left out, ¼ right touch left out
3-4 ¼ right touch left out, ¼ right step left next to right
5-6 ¼ left touch right out, ¼ left touch right out
7-8 ¼ left touch right out, ¼ left touch right out

REPEAT