

Powerful Women

拍數: 32 牆數: 4 級數: Intermediate
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音樂: Powerful Women - Pitbull & Dolly Parton



Intro: 16 Counts – Weight starts left foot

[1-8] Hop Sweep, Behind, Side, Cross, Side Rock, Behind, Side, Cross

1-2 Hop on to RF in front of LF, Recover onto LF while sweeping RF behind LF (12:00)
3&4 Step RF behind LF, Step LF to L, Cross RF over LF (12:00)
5-6 Rock LF to L, Recover RF (12:00)
7&8 Step LF behind RF, Step RF to R, Cross LF over RF (12:00)

Styling Note: For the very first Hop Sweep (1-2), flex your biceps and be powerful!

[9-16] ¼ Turn Knee Pops, Coaster Step, Cross Point, Side Point, Heel Jack

1-2 Step RF to R side, Pop both knees while pivoting ¼ L (9:00)
3&4 Step LF back, Close RF next to LF, Step LF forward (9:00)
5-6 Point R toe over LF, Point R toe to R side (9:00)
7&8 Cross RF over LF, Step LF to L side, Touch R heel to R w/ 1/8 turn R (10:30)

[17-24] Ball, Step, ¼ Step, ¼ Sailor, Cross Triple, Diagonal Rock

&1-2 Ball RF next to LF, Step LF forward, Step RF forward w/ ¼ turn L (7:30)
3&4 Step LF behind RF w/ 1/8 turn L, Step RF to R, Recover LF to L w/ 1/8 turn L (4:30)
5&6 Cross RF over LF, Step LF to L, Cross RF over LF (4:30)
7-8 Rock LF diagonal forward pushing hips forward, Recover RF pushing hips back (4:30)

[25-32] Behind, 3/8 Side, Step, Knee Pop, Knee Pop, ½ Pivot, Two Step Full Turn

1&2 Step LF behind RF, Step RF to R w/ 3/8 turn R, Step LF forward (9:00)
3-4 Step RF forward while popping L knee, Step LF forward while popping R knee (9:00)
5-6 Step RF forward, Pivot ½ over L shoulder (3:00)
7-8 Step RF forward while turning ½ L, Step LF back while turning ½ L (3:00)
