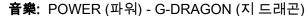
# Power



拍數: 80 牆數: 1 級數: Phrased Easy Intermediate

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#### \* Sequence : A-B-C / A-B-C / A-Ending(4C)

| _  |    | _ |
|----|----|---|
| Pa | rt | Δ |

| SEC 1 · Back Side B-L-B-L to Die | 1 Stan flyd v 3 1/4 I  | L Side Rock & Recover, 1/4 L Side. |  |
|----------------------------------|------------------------|------------------------------------|--|
| SEC I . Dack Side K-L-K-L to Di  | 1. SIED IWU X 3. 1/4 I | L SIGE ROCK & RECOVEL. 1/4 L SIGE. |  |

Step back on RF to R Dig(Popeye's arms), Step back LF to L Dig(Bend knees & Opposite 1-2

arm action)

Step back on RF to R Dig(Popeye's arms), Step back on LF to L Dig(Bend knees & Opposite 3-4

arm action)

5&6 Step RF fwd to R Dig, Step LF fwd to L Dig, Step RF fwd to R Dig(Popeye's arms)

7&8 Turn 1/4 L Rock LF to L side, Recover on RF, Turn 1/4 L Step LF to L side.(6:00)

#### SEC 2: Back Side R-L-R-L to Dig, Step fwd x 3, 1/4 L Side Rock & Recover, 1/4 L Side.

Step back on RF to R Dig(Popeye's arms), Step back on LF to L Dig(Bend knees & Opposite 1-2

arm action).

Step back on RF to R Dig(Popeye's arms), Step back on LF to L Dig(Bend knees & Opposite 3-4

arm action).

5-6 Step RF fwd to R Dig, Step LF fwd to L Dig, Step RF fwd to R Dig(Popeye's arms).

7-8 Turn 1/4 L Rock LF to L side, Recover on RF, Turn 1/4 L Step LF to L side.(12:00)

#### SEC 3: Cross Shuffle x 2, Kick, Out, Out, 1/4 R Swivel, Rock Back, Recover.

Cross RF over LF, Step LF beside RF, Cross RF over LF. 1-2

3-4 Cross LF over RF, Step RF beside LF, Cross LF over RF.

5-6 Kick RF fwd, Out RF, Out LF, Turn 1/4 R Swivel feet.(3:00)

Hold, Rock back on RF, Recover on LF. 7-8

#### SEC 4: 1/4 L Side. Back Side L-R-L to Dig. Step fwd x 3. Hold. Jump. Together.

1-2 Turn 1/4 L Step RF to R side(Popeye's arms), Step back on LF to L Dig(Bend knees &

Opposite arm action).

3-4 Step back on RF to R Dig(Popeye's arms), Step back on LF to L Dig(Bend knees & Opposite

arm action).

5&6 Step RF fwd to R Dig, Step LF fwd to L Dig, Step RF fwd to R Dig(Popeye's arms).

7-8 Hold, Jump with both feet together.

#### Part B

#### SEC 1: Slow Rocking Chair, Rocking Chair, Step fwd, 1/4 R Side, Side

Rock RF fwd, Recover on LF. 1-2

3-4 Rock back on RF, Recover on LF.

5&6& Rock RF fwd, Recover on LF, Rock back on RF, Recover on LF.

7&8 Rock RF fwd, Turn 1/4 L Step LF to L side, Step RF to R side.(9:00)

#### SEC 2: Slow Rocking Chair, Rocking Chair, Step fwd, 1/4 L Side, Side.

Rock LF fwd, Recover on RF. 1-2

3-4 Rock back on LF, Recover on RF.

5&6& Rock LF fwd, Recover on RF, Rock back on LF, Recover on RF. 7&8

Rock LF fwd, Turn 1/4 R Step RF to L side, Step LF to L side (9:00)

### SEC 3: Slow Rocking Chair, Rock fwd, Recover, 1/4 R Side Rock, Recover, Rock fwd, Recover 1/4 R Side.

1-2 Rock RF fwd, Recover on LF.

| 3-4  | Rock back on RF, Recover on LF.   |  |
|--|---|--|
| 5&6&   | Rock RF fwd, Recover on LF, Turn 1/4 R Rock RF to R side, Recover on LF.    |  |
| 7&8  | Rock RF fwd, Recover on LF, Turn 1/4 R Step RF to R side.(6:00)             |  |
|  |   |  |
| SEC 4 : Slow Rocking Chair, Rock fwd, Recover, Half Paddle Turn. |   |  |
| 1-2  | Rock LF fwd, Recover on RF.   |  |
| 3-4  | Rock back on LF, Recover on RF.   |  |
| 5-6  | Turn 1/8 R Point LF to L side, Turn 1/8 R Point LF to L side.               |  |
| 7-8  | Turn 1/8 R Point LF to L side, Turn 1/8 R Step LF Beside RF.(12:00)         |  |
|  |   |  |
| Part C   |   |  |
| SEC 1 : Step fw  | /d(Sweep) x 3, Step fwd, Step fwd(Sweep) x3, Step Back, Htch.               |  |
| 1-2  | Step RF fwd with Sweeping LF, Step LF fwd with Sweeping RF.                 |  |
| 3-4  | Step RF fwd with Sweeping LF, Cross Rock LF over RF.                        |  |
| 5-6  | Step back on RF with Sweeping LF , Step back on LF with Sweeping RF.        |  |
| 7-8  | Step back on RF with Sweeping LF , Step back on LF with Hitching RF.        |  |
| SEC 2 : (Side 3  | Гоgether) x 3, Side, L Rollinf Vine Turn.                                   |  |
| 1&2&   |   |  |
|  | Step RF to R side, Step LF beside RF, Step RF to R side, Step LF beside RF. |  |
| 3&4  | Step RF to R side, Step LF beside RF, Jump RF to R side with Hitching LF.   |  |
| 5-6  | Turn 1/4 L Step LF fwd, Turn 1/2 L Step back on RF.                         |  |
| 7-8  | Turn 1/4 L Step LF to L side, Touch RF beside LF. (12:00)                   |  |
|  |   |  |

Ending After doing 3 counts in Part A, use arms to make flying wings.

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