

POWERADE

SONG: THE POWER, BY: VANESSA AMOROSI

ALBUM: THE POWER

CHOREOGRAPHED BY: SIMON WARD AUST. DEC 2000

STEP DESCRIPTION: 32 COUNT, 4 WALL INTERMEDIATE LINEDANCE

BEATS STEPS

- 1-2 Cross/Rock R over L at 45 deg L, Rock/step L back turning ¼ turn R
3&4 Shuffle fwd R,L,R
5-6 Step L fwd, Twist both heels left with L foot staying fwd
7&8 Swivel travelling back and slightly right Heels, Toes, Heels
- 9&10 Step L back, Step R next to L, Step L fwd (coaster step)
11-12 Step R fwd, Pivot ½ turn L taking weight onto L
&13&14 Step R back at 45 deg R, Touch L heel at 45 deg L, Step down onto L, Touch R beside L
&15-16* Step R back at 45 deg R, Touch L heel at 45 deg L, Step down on L, Flick R leg back
- 17-18 Step R fwd at 45 deg L, Pivot ½ turn L taking weight onto L (facing corner)
19&20 Shuffle fwd R,L,R (facing corner)
21-22 Step L fwd, Pivot ½ turn R taking weight onto R (facing corner)
23&24 Cross/Step L over R turning 45 deg L, Step R to R, Take weight on L turning ¼ turn L
- 25-26 Rock/Step R fwd, Rock/Step L back
27&28 Step in place R,L,R turning a full turn R (triple step)
&29 Step L slightly fwd, Touch R toe next to L
&30 Step R slightly fwd, Touch L toe next to R
&31 Step L slightly fwd, Touch R toe next to L
&32 Step R slightly fwd, Touch L toe next to R
& Step down onto L to restart dance

RESTART

On the 6th wall there is a restart . Finish on count 16 where the * is marked and start again.

HAVE FUN:)

Step Sheet Courtesy of LineDanceFun on the Internet at www.linedancefun.com

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