

POWER MIX

Choreographer: Maddison Glover (June 2017)

Counts: 84 Walls: 1

Music: "Power" - Little Mix

Level: Phrased High Intermediate

Dance begins after count 16 (on lyrics)

Sequence: A, B, C, A, B, C, C, B (drop the last 4 counts), TAG, B, B, B (drop the last 4 counts for each B), TAG.



PART A: 32 Counts

[1-8] TOE, HEEL, HITCH, CROSS, BACK, SIDE, CROSS, SIDE, HEELS/TOES, HITCH, BACK, 3/8 FWD, SIDE, BEHIND, SIDE

1&2& Touch R toe beside L turning R knee in, touch R heel out to R diagonal, Hitch R knee up, cross R over L

3&4& Step back on L, step R to R side, cross L over, step R to R side

5&6& Twist both heels to the right, twist both toes to the right (travelling slightly right), Hitch L knee up into L diagonal (10:30), step back on L (10:30)

7&8& Turn 3/8 R stepping fwd onto R (3:00), step L to L side, step R behind L, step L to L side

** Repeat the above 8 counts **THREE** times, in a clockwise direction to return back to 12:00. Therefore, Part A = 32 counts.*

PART B: 36 Counts

[1-8] CROSS, SIDE, CROSS, SIDE, BEHIND, FWD, 3x ROCK/RECOVERS, BACK, 1/8 SIDE

1-2-3& Cross R over L, step L to L side, cross R over L, step L to L side

4& Step behind on R, turn 1/8 L stepping R fwd into L diagonal (10:30)

5&6& Rock R fwd (lead with toe and R hip), recover weight back onto L (10:30), Rock R fwd (lead with toe and R hip), recover weight back onto L (10:30)

7&8& Rock R fwd (lead with toe and R hip), recover weight back onto L (10:30), Step back on R foot (10:30), turn 1/8 L stepping L to L side (9:00)

[9-16] CROSS, SIDE, CROSS, SIDE, BEHIND, FWD, 3x ROCK/RECOVERS, BACK, 1/8 SIDE

1-2-3& Cross R over L, step L to L side, cross R over L, step L to L side

4& Step behind on R, turn 1/8 L stepping R fwd into L diagonal (7:30)

5&6& Rock R fwd (lead with toe and R hip), recover weight back onto L (7:30), Rock R fwd (lead with toe and R hip), recover weight back onto L (7:30)

7&8& Rock R fwd (lead with toe and R hip), recover weight back onto L (7:30), Step back on R foot (7:30), turn 1/8 L stepping L to L side (6:00)

[17-25] CROSS, 1/2 HINGE TURN, CROSS, SIDE, CROSS, SIDE, BACK, BACK, SIDE, FWD, FWD, SIDE

1-2&3 Cross R over L, turn 1/4 R stepping back on L, turn 1/4 R stepping R to R side, cross L over R (12:00)

- 4&5 Step R to R side, cross L over R, step R to R side
 6&7 Turn 1/8 L stepping back on L (10:30), step back on R, turn 1/8 L stepping L to L side (9:00)
 8&1 Turn 1/8 L stepping fwd on R (7:30), step fwd on L (7:30), turn 1/8 L stepping R to R side (6:00)

[26-32] BACK, BACK, FWD, STEP LOCK FWD, STEP ½ PIVOT, BACK, BACK, TOGETHER

- 2&3 Turn 1/8 L stepping back on L (4:30), step back on R (4:30), turn 3/8 L stepping fwd on L (12:00)
 4&5 Step fwd on R, lock L behind R, step fwd on R (12:00)
 6& Step fwd on L, pivot ½ turn over R keeping weight on R (6:00)
 7 Make a further ½ turn over R stepping back on L (12:00)
 8& Step back on R, step L together

[33-36] SIDE, HOLD x3 (WITH ARMS) NOTE: These 4 counts are only done during the first 2 B's

- 1-2 Step R to R side, Hold (raise hands slowly up to 12:00 for 2 counts)
 *Keep feet apart - hold for the following:
 3&4 Keeping hands above your head, bend R elbow and clench fist, Bend L elbow and clench fist to make an X, Lower both hands down (HERE-COMES-THE POWER)

PART C: 16 COUNTS

[1-8] OUT, OUT, CLAP, FWD, TOGETHER, OPEN/CLOSE KNEES, 1/8 FWD, FLICK, BACK, BACK, 3/8 FWD, TOUCH (KNEE POP), 2x KNEE POPS (ON THE SPOT)

- 1&2 Step R fwd and slightly to R diagonal, step L fwd and slightly to L diagonal, hold (clap)
 &3&4 Step fwd on R, step L together, open both knees outwards, close both knees together
 &5& Turn 1/8 R stepping R fwd (1:30), flick L foot up/ behind (1:30), step back on L (1:30)
 6&7 Step back on R (1:30), Turn 3/8 L stepping fwd onto L (9:00), touch R together as you pop R knee fwd
 8& Change weight onto R as you pop L knee fwd, change weight onto L as you pop R knee fwd

[9-16] ROCK/RECOVER, TOGETHER, STEP FWD, PIVOT ¼, CROSS, SIDE ROCK/RECOVER, BEHIND, SIDE

- 1-2& Rock R fwd, recover weight back onto L, bring R together
 3-4& Step fwd on L, pivot ¼ R taking weight onto R, cross L over R (12:00)
 5-6 Side Rock to R side (raise arms around/ up from 6:00 to 12:00), Recover weight onto L (cross arms * like you're angry*)
 7-8 Step R behind L, step L to L side (12:00)

TAG: "Motorbike"

V STEP, V STEP, 2x SHUFFLES INTO DIAGONALS

- 1,2,3,4 Step R out into R diagonal, step L out into L diagonal, Step back on R, step L together
Optional hands (as if you're on a motorbike, holding the handle bars)
R arm extends fwd with a clenched fist (1), L arm extends fwd with a clenched fist (2)
Hands return to side on count 3

- 5&6& Step R out into R diagonal, step L out into L diagonal, step back on R, step L together
 7&a Shuffle fwd into R diagonal -R fwd, together, fwd (1:30)
 8&a Shuffle fwd into L diagonal- L fwd, together, fwd (10:30)