

Power Over Me

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Count: 48

Wall: 2

Level: Intermediate

Choreographer: Roy Verdonk (NL), Annette Rosendahl Dam (DK) & Jef Camps (BE) - January 2019

Music: "Power Over Me" by Dermot Kennedy

#16 count intro

S1: SIDE, BEHIND, SIDE, VAUDEVILLE, & HEEL GRIND, BEHIND-SIDE-CROSS

1-2&RF step side, LF cross behind RF, RF step side

3&4&LF cross over RF, RF step slightly to R side, LF dig heel diagonally forward, LF close next to RF

5-6RF cross over LF on R-heel, LF step side while twisting on R-heel (toes pointing R)

7&8RF cross behind LF, LF step side, RF cross over LF

S2: CHASSE, SHUFFLE 1/2 TURN, 1/2 BACK, SWEEP, SAILOR 1/8 TURN

1&2LF step side, RF close next to LF, LF step side

3&4¼ turn R & RF step side, LF close next to RF, ¼ turn R & RF step forward (6:00)

5-6½ turn R & LF step back, RF sweep backwards (12:00)

7&8RF cross behind LF, LF step side, RF step into R diagonal (1:30)

S3: BALL, ROCK FWD/RECOVER, COASTER STEP, STEP FWD, SWEEP, 1/8 CROSS SAMBA

&1-2LF close on ball next to RF, RF rock forward, recover on LF (still facing 1:30)

3&4RF step back, LF close next to RF, RF step forward (still facing 1:30)

5-6LF step forward, RF sweep forward (still facing 1:30)

7&81/8 turn R & RF cross over LF, LF step side, RF step side (3:00)

S4: KICK, CROSS, TOUCH, BALL, HEEL, BALL, TOUCH, STEP, 1/2 PIVOT, STEP-LOCK-STEP

1&2&LF kick in R diagonal, LF cross over RF, RF touch behind LF, RF step back on ball

3&4LF dig heel forward, LF close on ball next to RF, RF touch next to LF

5-6RF step forward, make ½ turn L putting weight on LF (9:00)

7&8RF step forward, LF lock behind RF, RF step forward

S5: PRISSY WALKS WITH SWEEPS, CROSS, 1/4 BACK, SHUFFLE 1/2 TURN

1-2LF step forward/slightly across RF, RF sweep forward

3-4RF step forward/slightly across LF, LF sweep forward

5-6LF cross over RF, make ¼ turn L & RF step back (6:00)

7&8¼ turn L & LF step side, RF close next to LF, ¼ turn L & LF step forward (12:00)

S6: ROCK FWD/RECOVER, SHUFFLE 1/2, ROCK FWD/RECOVER, COASTER CROSS

1-2RF rock forward, recover on LF

3&4¼ turn R & RF step side, LF close next to RF, ¼ turn R & RF step forward (6:00)

5-6LF rock forward, recover on RF

7&8LF step back, RF close next to LF, LF cross over RF

Have fun!

Tag + Restart: in wall 6 there will be step change for counts 31&32 (step-lock-step in 4th section) by adding a 6 count Tag before Restarting the dance to 12:00

31-32 Make ¼ turn L & RF step side, hold

1-2-3-4 make half a circle with both hands over 4 counts starting crossed in front of chest, moving down and then sideways/out and going up to the sky

Note:

It seems to be hard to count in the track before starting, it can be easier to start counting like this:

1-2-3-4-5-6 1-2-3-4-5-6 5-6-7-8 and then start dancing

Sites: www.littlejeff.be - www.dutchdanceacademy.com

