

# POWERADE

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Simon Ward

**Music:** The Power by Vanessa Amorosi

- 1-2** Cross/rock right over left at 45 degrees left, rock/step left back turning  $\frac{1}{4}$  turn right
- 3&4** Shuffle forward right-left-right
- 5-6** Step left forward, twist both heels with left staying forward to left
- 7&8** Swivel heels, toes, heels traveling slightly back
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- 1&2** Step left back, step right next to left, step left forward (coaster step)
- 3-4** Step right forward, pivot  $\frac{1}{2}$  turn left taking weight onto left foot
- &5&6** Step right back at 45 degrees right, touch left heel at 45 degrees left, step down on left, touch right beside left
- &7-8** Step right back at 45 degrees right, touch left heel at 45 degrees left, step down on left flick right leg back
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- 1-2** Step right forward at 45 degrees left, pivot  $\frac{1}{2}$  turn left taking weight onto left (facing corner)
- 3&4** Shuffle forward right-left-right (facing corner)
- 5-6** Step left forward, pivot  $\frac{1}{2}$  turn taking weight onto right (facing corner)
- 7&8** Cross/step left over right turning 45 degrees left, step right to right, take weight on left turning  $\frac{1}{4}$  turn left
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- 1-2** Rock/step right forward, rock/step left back
- 3&4** Step in place right-left-right turning a full turn right (triple step)
- &5&6** Step left slightly forward, touch right toe next to left, step right slightly forward, touch left toe next to right

**&7&8** Step left slightly forward, touch right toe next to left, step right slightly forward, touch left toe next to right

**REPEAT**

**RESTART**

**On 6th wall, dance 1-16, then start dance again**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=34801](https://www.linedance.com/index.php?f=dance_view&id=34801)