

LineDance Entertainment

Power Of A Woman by Cody Flowers (USA) & Rachael McEnaney (USA) - April 2026 - 32 Count, 2 Wall, Intermediate
Smooth WCS Dance

Count In: Dance begins 16 counts from the start of the track, dance begins on vocals.

Notes: 2 tags at end of 2nd and 4th wall facing 12:00. Restart during 5th wall after 16 counts to 12:00

[1 – 8] R FWD ROCK, ½ TURN R, L FWD, ½ PIVOT R, ¼ TURN L FWD SWEEPING R, R CROSS, ? TURN R STEPPING L BACK, R CLOSE, L FWD

1 2Rock R forward [1] Recover weight L [2] 12:00

& 3 4Make ½ turn right stepping R forward [&] Step L forward [3] Pivot ½ turn right [4] 12:00

5 6Make ¼ turn left stepping slightly forward L as you sweep R foot [5] Cross R over L [6] 9:00

& 7 8Make ? turn right as you step L back [&] Step R next to L [7] Step L forward [8] 10:30

[9 – 16] CHASE TURN (R FWD, ½ PIVOT, R FWD), CHASE TURN (L FWD, ¼ PIVOT, L FWD) R FWD ROCK, R BACK, L CROSS, HOLD, R BACK, ½ TURN L FWD

1 & 2Step R forward [1] Pivot ½ turn left [&] Step R forward [2] 4:30

3 & 4Step L forward [3] Pivot ¼ turn right [&] Step L forward [4] 7:30

5 & 6 &Rock R forward [5] Recover weight L [&] Step R back (body angled to right diagonal) [6] Cross L over R [&] 7:30

7 & 8Hold [7] Step R back [&] Make ½ turn left stepping L forward [8] 1:30

RESTART 5th wall begins facing 12:00 - restart after 16 counts facing 12:00

***8th wall During 8th wall the music slows from counts 5-8: SLOW these counts down to even counts R rock forward [5] Recover weight L [6] Step R back [7] Cross L over R [8] Step R back [9] Make ½ turn L forward [10] - then continue dance as normal to end of song**

[17 – 24] ? TURN WITH OVER-ROTATED R SIDE ROCK, ? TURN R SAILOR, ¼ TURN WEAVE, OUT-OUT, L BALL, R CROSS

1 2Make 1/8 turn left rocking R to right side (slight bend in knee) over-rotate body left [1] Recover weight L 12:00

3 & 4Cross R behind L [3] Make ? turn right stepping L next to R (slightly side) [&] Step R forward [4] 1:30

& 5Make 1/8 turn right stepping L to left [&] Cross R behind L [5] 3:00

& 6Make ? turn right stepping L to left [&] Cross R over L [6] 4:30

& 7 & 8Step L to left [&] Step R to right [7] Step ball of L in place [&] Cross R over L [8] 4:30

[25 – 32] ? TURN R SIDE L, R BEHIND, ¼ TURN L FWD, R SIDE, L BEHIND, ¼ R FWD, L FWD ROCK, ½ TURN L FWD, R FWD, ½ PIVOT

1 2 &Make ? turn right stepping L to left [1] Cross R behind L [2] Make ¼ turn left stepping L forward [&] 3:00

3 4 &Step R to right [3] Cross L behind R [4] Make ¼ turn right stepping R forward [&] 6:00

5 6Rock L forward [5] Recover weight R [6] 6:00

& 7 8Make ½ turn left stepping L forward [&] Step R forward [7] Pivot ½ turn left [8] 6:00

TAG: At the end of walls 2 and 4 facing 12:00 add the following 8 count tag

1 2R fwd rock [1] Recover weight L [2] 12:00

3 & 4Make ¼ turn right stepping R side [3] Step L next to R [&] Make ¼ turn right stepping R forward [4] 6:00

5 & 6Step L forward [5] Pivot ½ turn right [&] Step L forward [6] 12:00

7 8Step R forward (slightly across L) [7] Step L forward (slightly across R) [8] 12:00

Last Update - 30 Apr. 2026 - R1