

# Power Of A Woman

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**Count:** 32

**Wall:** 2

**Level:** Intermediate Smooth WCS

**Choreographer:** Cody Flowers (USA) & Rachael McEnaney (USA) - April 2026

**Music:** Power of a Woman - Drake White

**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, ⅛ TURN R STEPPING L BACK, R CLOSE, L FWD**

- 1 2** Rock R forward [1] Recover weight L [2] 12:00
- & 3 4** Make ½ turn right stepping R forward [&] Step L forward [3] Pivot ½ turn right [4] 12:00
- 5 6** Make ¼ turn left stepping slightly forward L as you sweep R foot [5] Cross R over L [6] 9:00
- & 7 8** Make ⅛ 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 & 2** Step R forward [1] Pivot ½ turn left [&] Step R forward [2] 4:30
- 3 & 4** Step 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 & 8** Hold [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] ⅛ TURN WITH OVER-ROTATED R SIDE ROCK, ⅛ TURN R SAILOR, ¼ TURN WEAVE, OUT-OUT, L BALL, R CROSS**

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

- 3 & 4** Cross R behind L [3] Make  $\frac{1}{8}$  turn right stepping L next to R (slightly side) [&] Step R forward [4] 1:30
- & 5** Make  $\frac{1}{8}$  turn right stepping L to left [&] Cross R behind L [5] 3:00
- & 6** Make  $\frac{1}{8}$  turn right stepping L to left [&] Cross R over L [6] 4:30
- & 7 & 8** Step L to left [&] Step R to right [7] Step ball of L in place [&] Cross R over L [8] 4:30

**[25 - 32]  $\frac{1}{8}$  TURN R SIDE L, R BEHIND,  $\frac{1}{4}$  TURN L FWD, R SIDE, L BEHIND,  $\frac{1}{4}$  R FWD, L FWD ROCK,  $\frac{1}{2}$  TURN L FWD, R FWD,  $\frac{1}{2}$  PIVOT**

- 1 2 &** Make  $\frac{1}{8}$  turn right stepping L to left [1] Cross R behind L [2] Make  $\frac{1}{4}$  turn left stepping L forward [&] 3:00
- 3 4 &** Step R to right [3] Cross L behind R [4] Make  $\frac{1}{4}$  turn right stepping R forward [&] 6:00
- 5 6** Rock L forward [5] Recover weight R [6] 6:00
- & 7 8** Make  $\frac{1}{2}$  turn left stepping L forward [&] Step R forward [7] Pivot  $\frac{1}{2}$  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 & 4** Make  $\frac{1}{4}$  turn right stepping R side [3] Step L next to R [&] Make  $\frac{1}{4}$  turn right stepping R forward [4] 6:00
- 5 & 6** Step L forward [5] Pivot  $\frac{1}{2}$  turn right [&] Step L forward [6] 12:00
- 7 8** Step R forward (slightly across L) [7] Step L forward (slightly across R) [8] 12:00

**Last Update - 30 Apr. 2026 - R1**