

# POWERLESS

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**Count:** 80

**Wall:** 2

**Level:** intermediate

**Choreographer:** Sue Johnstone

**Music:** Powerless (Say What You Want) by Nelly Furtado

## ROCK SWITCH ROCK, BOUNCE TURN $\frac{1}{2}$ LEFT, LEFT COASTER

- 1-2&** Rock forward on right, recover back onto left, step right next to left
- 3-4&** Rock forward on left, recover back onto right, step left next to right
- 5&6** Step forward on right, bounce heels twice doing  $\frac{1}{2}$  turn left (&6)
- 7&8** Step back on left, step right next to left, step left forward

## RIGHT SHUFFLE FORWARD, ROCK LEFT, CROSS SHUFFLE, $\frac{1}{2}$ TURN LEFT

- 1&2** Right shuffle forward
- 3-4** Rock left out to left side, recover onto right
- 5&6** Cross shuffle left over right
- 7-8** Turn  $\frac{1}{4}$  left stepping back onto right, turn  $\frac{1}{4}$  left stepping left to side

## 2 WALKS & HEEL, HOLD TWICE

- 1-2** Walk forward on right, walk forward on left
- &3-4** Step back on right, left heel forward, hold
- &5-6** Step left next to right, walk forward on right, walk forward on left
- &7-8** Step back on right, left heel forward, hold

## ROCKING CHAIR, 2X $\frac{1}{2}$ PIVOTS LEFT

- &1-2** Step left next to right, rock forward on right, recover back onto left
- 3-4** Rock back on right, rock forward onto left
- 5-6** Step forward on right,  $\frac{1}{2}$  pivot left
- 7-8** Step forward on right,  $\frac{1}{2}$  pivot left

## SHUFFLES AND ROCKS WITH $\frac{1}{4}$ LEFT

- 1&2** Right shuffle forward
- 3-4** Rock forward on left, recover back onto right
- 5&6** Left shuffle back

7-8 Rock back on right, recover  $\frac{1}{4}$  left onto left foot

9-32 Repeat 8 counts above 3 more times (full turn in total)

### **ROCK & CROSS, TRIPLE $\frac{1}{2}$ CROSS, ROCK & CROSS, LEFT, TOGETHER**

1&2 Rock to right, recover onto left, cross right over left

**3&4 $\frac{1}{4}$  right stepping back onto left,  $\frac{1}{4}$  right stepping right to side, cross left over right**

5&6 Rock to right, recover onto left, cross right over left

7-8 Large step to left, step right next to left

### **PADDLE TURNS RIGHT (FULL TURN) PADDLE TURNS LEFT (FULL TURN)**

**1-2 $\frac{1}{4}$  right touch left out,  $\frac{1}{4}$  right touch left out**

**3-4 $\frac{1}{4}$  right touch left out,  $\frac{1}{4}$  right step left next to right**

**5-6 $\frac{1}{4}$  left touch right out,  $\frac{1}{4}$  left touch right out**

**7-8 $\frac{1}{4}$  left touch right out,  $\frac{1}{4}$  left touch right out**

### **REPEAT**