

# POWERED UP

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**Count:** 32

**Wall:** 4

**Level:** intermediate

**Choreographer:** Warren Mitchell

**Music:** The Power by Vanessa Amorosi

**Start dance 16 counts after vocals of Vanessa singing "Give Me The Power"**

## ROCK RIGHT, STEP LEFT, ROCK BEHIND, FORWARD

**&1-2-3** Rock right to right, step left to left, rock right behind left, step left on spot

## SHUFFLE MAKING $\frac{1}{4}$ TURN RIGHT, PIVOT $\frac{1}{2}$ RIGHT

**4&5** Shuffle to right right-left-right making  $\frac{1}{4}$  turn to right

**6-7** Step left forward pivoting  $\frac{1}{2}$  to right (weight on right)

## SHUFFLE FORWARD, PIVOT $\frac{1}{2}$ LEFT

**8&9** Shuffle forward left-right-left

**10-11** Step right forward pivoting  $\frac{1}{2}$  to left (weight on left)

## ROCK FORWARD, ROCK BACK, STEP BACK, HEEL FORWARD, TOE BACK, UNWIND $\frac{1}{2}$ LEFT, LEFT COASTER

**12-13** Rock right forward, step left on spot

**&14-15** Step right back, touch left heel forward, touch left toe back

**16-17&18** Unwind  $\frac{1}{2}$  to left (leaving weight on right), left coaster step

## SHUFFLE FORWARD, PIVOT $\frac{1}{4}$ RIGHT

**19&20** Shuffle forward right-left-right

**21-22** Step left forward pivoting  $\frac{1}{4}$  to right (weight on right)

## LEFT SHUFFLE OVER ROCK TO RIGHT, STEP TO LEFT

**23&24** Cross left over right, step right to right, step left over right (left shuffle over right)

**25-26** Rock right to right, step left on spot

## STEP BEHIND, STEP TO SIDE, RIGHT SHUFFLE OVER LEFT, CHA-CHA TURNING $\frac{1}{2}$ RIGHT

**27-28** Step right behind left, step left to left

**29&30** Step right over left, step left to left, step right over left (right shuffle over left)

**31-32** Cha-cha on spot left-right-left making  $\frac{1}{2}$  turn to right (left foot should be slightly forward)

**REPEAT**

**Restart**

**Finish 5th wall on count 16, then restart the dance from the beginning. After this restart you will now be dancing the dance starting from the side walls**

**TAG**

**Finish 9th wall as per dance on count 32 you will have the left foot slightly forward, here you will put hands out to the sides - palms down - holding for four beats: continue the dance as normal from there**