Power Over Me

Count: 48 **Wall:** 2 **Level:** Intermediate

Choreographer: Roy Verdonk (NL), Annette Rosendahl Dam (DK) & Jef Camps (BE) - January 2019

Music: "Power Over Me" by Dermot Kennedy

#16 count intro

S1: SIDE, BEHIND, SIDE, VAUDEVILLE, & HEEL GRIND, BEHIND-SIDE-CROSS

1-2&	RF step side, LF cross behind RF, RF step side
3&4&	LF cross over RF, RF step slightly to R side, LF dig heel diagonally forward, LF close next to RF
5-6	RF cross over LF on R-heel, LF step side while twisting on R-heel (toes pointing R)
7&8	RF cross behind LF, LF step side, RF cross over LF

S2: CHASSE, SHUFFLE 1/2 TURN, 1/2 BACK, SWEEP, SAILOR 1/8 TURN

1&2	LF step side, RF close next to LF, LF step side
3&4	¼ turn R & RF step side, LF close next to RF, ¼ turn R & RF step forward (6:00)
5-6	½ turn R & LF step back, RF sweep backwards (12:00)
7&8	RF cross behind LF, LF step side, RF step into R diagonal (1:30)

S3: BALL, ROCK FWD/RECOVER, COASTER STEP, STEP FWD, SWEEP, 1/8 CROSS SAMBA

&1-2	LF close on ball next to RF, RF rock forward, recover on LF (still facing 1:30)
3&4	RF step back, LF close next to RF, RF step forward (still facing 1:30)
5-6	LF step forward, RF sweep forward (still facing 1:30)
7&8	1/8 turn R & RF cross over LF, LF step side, RF step side (3:00)

S4: KICK, CROSS, TOUCH, BALL, HEEL, BALL, TOUCH, STEP, 1/2 PIVOT, STEP-LOCK-STEP

1&2&	LF kick in R diagonal, LF cross over RF, RF touch behind LF, RF step back on ball
3&4	LF dig heel forward, LF close on ball next to RF, RF touch next to LF
5-6	RF step forward, make ½ turn L putting weight on LF (9:00)
7&8	RF step forward, LF lock behind RF, RF step forward

S5: PRISSY WALKS WITH SWEEPS, CROSS, 1/4 BACK, SHUFFLE 1/2 TURN

1-2	LF step forward/slightly across RF, RF sweep forward
3-4	RF step forward/slightly across LF, LF sweep forward
5-6	LF cross over RF, make ¼ turn L & RF step back (6:00)
7&8	¼ turn L & LF step side, RF close next to LF, ¼ turn L & LF step forward (12:00)

S6: ROCK FWD/RECOVER, SHUFFLE 1/2, ROCK FWD/RECOVER, COASTER CROSS

1-2	RF rock forward, recover on LF
3&4	¼ turn R & RF step side, LF close next to RF, ¼ turn R & RF step forward (6:00)
5-6	LF rock forward, recover on RF
7&8	LF step back, RF close next to LF, LF cross over RF

Have fun!

Tag + Restart: in wall 6 there will be step change for counts 31&32 (step-lock-step in 4th section) by adding a 6 count Tag before Restarting the dance to 12:00

31-32	Make ¼ turn L & RF step side, hold
1-2-3-4	make half a circle with both hands over 4 counts starting corssed in front of chest, moving down and then sideways/out and going up to the sky

Note:
It seems to be hard to count in the track before starting, it can be easier to start counting like this:

1-2-3-4-5-6	and then start dancing
1-2-3-4-5-6	
5-6-7-8	

Sites: www.littlejeff.be - www.dutchdanceacademy.com