POWERFUL STUFF

A little bit Funk... A little bit Country... FUNTRY!!

Choreographed By: Alan G. Birchall

Level: High Intermediate Dance: 52 Count 4 Wall Tags & Restarts: 1

Music: Powerful Stuff – Rascal Flatts

CD: Rewind **Start:** On Lyrics

Seconds: 10 **Count:** 16 **BPM:** 100

alan G. Birtal



STEPS

LOCK STEPS x2, ROCK FORWARD, RECOVER, 1½ TRIPLE TURN

1-2& Step Forward On Right, Lock Left Behind Right, Step Forward On Right
 3-4& Step Forward On Left, Lock Right Behind Left, Step Forward On Left

5-6 Rock Forward On Right, Recover On Left

7&8 1½ Triple Turn Right Stepping Right, Left, Right 6:00 Alternative: ½ Triple Turn

STEP, 1/4 PIVOT, CROSS, SIDE, KICK, STEP, CROSS, UNWIND, SIDE SHUFFLE

9-10 Step Forward On Left, ¼ Turn Right 9:00

11&12 Cross Left Over Right, Step Slightly Back On Right, Kick Left To Left Diagonal

&13-14 Step Left By Right, Cross Right Over Left, Unwind A Full Turn Left

15&16 Step Left To Left, Step Right By Left, Step Left To Left

STEP 1/4 TOUCHES x 2, TOE SWITCHES, BIG STEP, TOUCH

17-18 Making a ¼ Turn Left, Step Right To Right, Touch Left By Right (Click Fingers)
 19-20 Making a ¼ Turn Left, Step Left To Left, Touch Right By Right (Click Fingers)
 21&22& Touch Right To Right, Step Right By Left, Touch Left To Left, Step Left By Right

23-24 Take A Big Step To Right, Touch Left By Right

HIP BUMPS, JAZZ BOX

25-26 Step Diagonally Forward On Left Bumping Hips Forward, Bump Hips Back

27&28 Bump Hips Forward, Bump Hips Back, Bump Hips Forward (Weight Ends Forward On Left)

29-30 Cross Right Over Left, Step Back On Left31-32 Step Right To Right, Step Forward On Left

FULL PADDLE TURN, STEP, FULL PADDLE TURN, TOUCH

On Ball Of Left Make ¼ Turn Left, Touch Right To Right, Make ¼ Turn Left, Touch Right To Right
On Ball Of Left Make ¼ Turn Left, Touch Right To Right, Make ¼ Turn Left, Step Right By Left
On Ball Of Right Make ¼ Turn Right, Touch Left To Left, Make ¼ Turn Right, Touch Left To Left
On Ball Of Right Make ¼ Turn Right, Touch Left To Left, Make ¼ Turn Right, Touch Left By Right

MAMBO FORWARD, MAMBO BACK, PRISSY WALKS, ROCK

41&42 Rock Forward On Left, Recover On Right, Step Back On Left
43&44 Rock Back On Right, Recover On Left, Step Forward On Right

Tag & Restart Here During Wall 2

45-46 Crossing Left Over Right Step Forward On Left, Crossing Right Over Left Step Forward On Right

47-48 Crossing Left Over Right Step Forward On Left, Rock Forward On Right

RECOVER ON LEFT, $\frac{1}{2}$ TURN, FULL TRIPLE TURN

49-50 Recover On Left, Making ½ Turn Right Step Forward On Right 9:00

51&52 Full Triple Turn Right Stepping Left Right Left Alternative: Left Shuffle Forward

START AGAIN

TAG

1-2 Step Forward On Left, ½ Pivot Right

3&4 Full Triple Turn Right Stepping Left Right Left Alternative: Left Shuffle Forward

Restart The Dance Facing 6:00



Dance Sheet Prepared By: Alan G. Birchall D&G and BWDA Fully Qualified Instructor

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