

My Powerful Women

Choreographer : Gary Steele

Type of dance : 4 Wall

Level : Easy Intermediate

Counts : 32

Intro : 16 counts

Music : Powerful Women – by Pitbull & Dolly Parton

No Tags- No Restarts



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Section 1 Sailors x2, $\frac{3}{4}$ Walk Walk Shuffle Rock

- 1&2 Step right behind left, rock left to left side, recover weight to right side.
3&4 Step left behind right, rock right to right side, recover weight to left side.
5-6 Making $\frac{3}{4}$ turn right walk right, left.
7&8 Complete the turn shuffling forward right, left, rock forward onto right. (9.00)

Section 2 Back Sweep x2, Sailor $\frac{1}{4}$, Tic Tac $\frac{1}{2}$ Hitch x2

- 1-2 Recover weight back onto left sweeping right from front to back, step back right sweeping left front to back.
3&4 Step left behind right, make $\frac{1}{4}$ left rocking right to side, recover weight left slightly forward. (6.00)
5&6& Step forward onto right, make $\frac{1}{4}$ left swivelling left heel towards right, make $\frac{1}{4}$ left swivelling right heel out, hitch left knee. (12.00)
7&8& Step forward onto left, make $\frac{1}{4}$ right swivelling right heel towards left, make $\frac{1}{4}$ right swivelling left heel out, hitch right knee. (6.00)

Section 3 Walk Walk, Chase Turn, Rock Recover, Back Touch x2

- 1-2 Walk forward right, left.
3&4 Step forward onto right, pivot $\frac{1}{2}$ left weight onto left, step forward right. (12.00)
5-6 Rock forward onto left, recover weight back onto right.
&7&8 Step back onto left, touch right forward, step back onto right, touch left forward.

Section 4 Touch Twist Twist, Coaster, Step $\frac{1}{4}$ Hitch, Side Rock

- &1&2 Step back onto left, touch right forward, twist right heel out, twist right heel in.
3&4 Step back onto right, close left next to right, step forward onto right.
5-6 Step forward onto left, make $\frac{1}{4}$ left hitching right knee. (9.00)
7-8 Rock right to right side, recover weight onto left.

START AGAIN

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