

Powerless

80 count, 2 wall, intermediate level

Choreographer: Sue Johnstone (UK) Jan 2004
Choreographed to: Powerless (Say What You Want)
by Nelly Furtado, CD Single (110 bpm)

Vocals

Rock Switch Rock, Bounce Turn 1/2 Left, Left Coaster.

- 1-2& Rock Forward on Right (1) Recover back onto Left (2) Step Right next to Left (&
3-4& Rock Forward on Left (3) Recover back onto Right (4) Step Left next to Right (&
5&6 Step Forward on R (5) Bounce heels twice doing 1/2 turn Left (&6)
7&8 Step back on Left (7) Step Right next to Left (&) Step Left Forward (8)

Right Shuffle Forward, Rock Left, Cross Shuffle, 1/2 Turn Left

- 1&2 Right Shuffle Forward
3-4 Rock Left out to Left side (3) Recover onto Right (4)
5&6 Cross Shuffle Left over Right
7-8 Turn 1/4 Left stepping back onto Right (7) Turn 1/4 Left stepping Left to side (8)

2 Walks & Heel, Hold x 2

- 1-2 Walk Forward on Right (1) Walk Forward on Left (2)
&3-4 Step back on Right (&) Left heel forward (3) Hold (4)
&5-6 Step Left next to Right (&) Walk Forward on Right (5) Walk Forward on Left (6)
&7-8 Step back on Right (&) Left heel forward (7) Hold (8)

Rocking Chair, 2x 1/2 Pivots Left

- &1-2 Step Left next to Right (&) Rock Forward on Right (1) Recover back onto Left (2)
3-4 Rock Back on Right (3) Rock Forward onto Left (4)
5-6 Step Forward on Right (5) 1/2 Pivot Left (6)
7-8 Step Forward on Right (7) 1/2 Pivot Left (8)

Shuffles and Rocks with 1/4 Left

- 1&2 Right Shuffle Forward
3-4 Rock Forward on Left (3) Recover back onto Right (4)
5&6 Left Shuffle Back
7-8 Rock Back on Right (7) Recover 1/4 Left onto Left Foot (8)
*** Repeat 8 counts above 3 more times (Full Turn in Total)

Rock & Cross, Triple 1/2 Cross, Rock & Cross, Left, Together

- 1&2 Rock to Right (1) Recover onto Left (&) Cross Right over Left (2)
3&4 1/4 Right stepping back onto Left (3) 1/4 Right stepping Right to side (&) Cross Left over Right (4)
5&6 Rock to Right (5) Recover onto Left (&) Cross Right over Left (6)
7-8 Large step to Left (7) Step Right next to Left (8)

Paddle Turns Right (Full Turn) Paddle Turns Left (Full Turn)

- 1-2 1/4 Right touch Left out (1) 1/4 Right touch Left out (2)
3-4 1/4 Right touch Left out (3) 1/4 Right Step Left next to Right (4)
5-6 1/4 Left touch Right out (5) 1/4 Left touch Right out (6)
7-8 1/4 Left touch Right out (7) 1/4 Left touch Right out (8)