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Who Got The Power?

80 Count, 1 Wall, Advanced (Phrased)

Choreographer: Adam Ástmar (SE) Jun 2017

Choreographed to: Power by Little Mix feat. Stormzy

Intro: 16 Counts From The First Drum Beat.

Sequence: A–B–Tag 1–C (12 Counts)–Tag 2–A–B–Tag 1–C–C (14 Counts)–Tag 3–A–A–B–C–C–Ending

Part A

Section 1: Scuff. Step. Pivot 1/2 & Sweep. Cross. Back. Together. Mambo 1/2. Step. Pivot 1/2. Step.

- 1 & 2 (1) Scuff RF forward. (&) Step forward on RF. (2) Turn 1 / 2 to the left, transfer weight to LF and sweep RF from back to front. {6:00}
- 3 & 4 (3) Cross RF over LF. (&) Step back on LF. (4) Close RF next to LF.
- 5 & 6 (5) Rock forward on LF. (&) Recover on RF. (6) Turn 1 / 2 to the left stepping LF forward. {12:00}
- 7 & 8 (7) Step forward on RF. (&) Turn 1 / 2 to the left and transfer weight to LF. (8) Step forward on RF. {6:00}

Section 2: Fwd W/ Bent Body. Arm Movements. Hitch. Together. Step. Mambo 1/4. Cross Shuffle. 1/4.

- 1 & 2 & (1) Step forward on LF and lean your body forward with slightly bent knee. (&) Bring right arm in front of chest with palm facing down and fingers facing forward. (2) Bring left arm in front of chest and over right arm, as forming an X, with palm facing down and fingers facing forward. (&) Bring both hands out at shoulder level with palms facing up.
- 3 & 4 (3) Straighten your body as you're transferring weight to RF, hitching LF and lifting your arms up to head height. (&) Close LF next to RF. (4) Step RF forward.
- 5 & 6 & (5) Rock forward on LF. (&) Recover on RF. (6) Turn 1 / 4 to the left stepping LF to left side. (&) Cross RF over LF. {3:00}
- 7 & 8 (7) Step LF to left side. (&) Cross RF over LF. (8) Turn 1 / 4 to the left stepping LF forward. {12:00}

Section 3: Basic Night Club Right & Left. Side & Arm Movements.

- 1 – 2 & (1) Step RF to right side. (2) Step LF slightly behind RF. (&) Cross RF over LF.
- 3 – 4 & (3) Step LF to left side. (4) Step RF slightly behind LF. (&) Cross LF over RF.
- 5 & 6 & (5) Step RF to right side and bring right arm out with palm facing up. (&) Bring left arm out with palm facing up and put weight on LF. (6) Bring right arm in by your chest with palm facing down. (&) Bring left arm in with left palm facing down and on right hand.
- 7 & 8 (7) Push down both hands to rib height as if trying to press something down. (&) Continue pushing down to belly button height. (8) Bring both hands up and to sides, as forming a rainbow.

You Can Also Contract Your Body While Pushing Down On Counts (7 &) And Straighten Your Body On Count (8).

Section 4: Mambo Fwd. Hop & Kick. Together. Step. Step. 1/2 Pivot. 1/2 & Sweep. Back. Hook. Shuffle.

- 1 & 2 (1) Rock forward on RF. (&) Recover on LF. (2) Step back on RF.
- 3 & 4 (3) Hop back on LF and kick RF forward. (&) Close RF next to LF. (4) Step forward on LF.
- 5 & 6 (5) Step forward on RF. (&) Turn 1 / 2 to the left and transfer weight to LF. (6) Turn 1 / 2 to the left stepping RF back & sweeping LF from front to back. {12:00}
- 7 & 8 & (7) Step back on LF. (&) Hook RF over LF. (8) Step forward on RF. (&) Close LF next to RF.

The Next Step In The Shuffle Is The Start Of Next Section (Except When A Comes A Second Time. Then You Instead Scuff Rather Than Stepping Forward).

Part B

- Section 1: Rock Fwd. Recover. 1/2 & Sweep. Cross. Side. Rock Back. Recover. Synchopated Weave. Side Rock. Recover.**
- 1 – 2 (1) Rock forward on RF. (2) Recover to LF.
3 – 4 & (3) Turn 1 / 2 to the right stepping RF forward & sweep LF from back to front. (4) Cross LF over RF. (&) Step RF to right side. {6:00}
5 & 6 & (5) Rock back on LF. (&) Recover on RF. (6) Step LF to left side. (&) Step RF behind LF.
7 & 8 & (7) Step LF to left side. (&) Cross RF over LF. (8) Rock LF to left side. (&) Recover on RF.
- Section 2: Cross. 1/4. 1/4 & Sweep. Cross. Side. Rock Back. Recover. Weave. Step. Step. Touch.**
- 1 – 2 & (1) Cross LF over RF. (2) Turn 1 / 4 to the left stepping RF back. {3:00}
3 – 4 & (3) Turn 1 / 4 to the left stepping LF to left side & sweep RF from back to front. (4) Cross RF over LF. (&) Step LF to left side. {12:00}
5 & 6 & (5) Rock back on RF. (&) Recover on LF. (6) Step RF to right side. (&) Step LF behind RF.
7 & 8 & (7) Step RF to right side. (&) Step forward on LF. (8) Step forward on RF. (&) Touch LF next to RF.
- Section 3: Basic Night Club Left. Side. Behind. 1/4. Step. Pivot 1/2. Ball. Step. Step.**
- 1 – 2 & (1) Step LF to left side. (2) Step RF slightly behind LF. (&) Cross LF over RF.
3 – 4 & (3) Step RF to right side. (4) Step LF behind RF. (&) Turn 1 / 4 to the right stepping RF forward. {3:00}
5 – 6 & (5) Step forward on LF. (6) Turn 1 / 2 to the right and transfer weight to RF. (&) Ball step LF next to RF. {9:00}
7 – 8 (7) Step forward on RF. (8) Step forward on LF.
- Section 4: V-Step & Touch. Back. Touch. Step. Mambo 1/2. Ball. Shuffle 1/4.**
- 1 & 2 & (1) Step RF out to right diagonal (&) Step LF out to left diagonal. (2) Step RF back in place. (&) Touch LF next to RF.
3 & 4 (3) Step back on LF. (&) Touch RF next to LF. (4) Step RF forward.
5 & 6 & (5) Rock forward on LF. (&) Recover on RF. (6) Turn 1 / 2 to the left stepping LF forward. (&) Ball step RF next to LF. {3:00}
7 & 8 (7) Step LF forward and start turning 1 / 4 to the left. (&) Close RF next to LF. (8) Finish turning 1 / 4 to the left stepping LF forward. {12:00}
- Part C**
- Section 1: Rock Fwd & Body Roll. Recover. Ball. 1/4. Cross. Side. Touch. Side. Sailor 1/4 Step. Ball.**
- 1 – 2 & (1) Rock forward on RF and body roll forward. (2) Finish body roll and recover on LF. (&) Ball step RF next to LF.
3 – 4 (3) Turn 1 / 4 to the left stepping LF to left side. (4) Cross RF over LF. {3:00}
5 & 6 (5) Step LF to left side. (&) Touch RF next to LF. (6) Step RF to right side.
7 & 8 & (7) Step LF behind RF. (&) Turn 1 / 4 to the left stepping RF slightly to the right side. (4) Step LF forward. (&) Ball step RF next to LF. {6:00}
- Section 2: Step. Step. Pivot 1/2 Turn. Step. Scissor Step. Out. Out. Together. Fwd.**
- 1 – 2 (1) Step forward on LF. (2) Step forward on RF.
3 – 4 (3) Turn 1 / 2 to the left and transfer weight to LF. (4) Step forward on RF. {12:00}
5 & 6 & (5) Step LF to left side. (&) Close RF next to LF. (6) Cross LF over RF. (&) Step RF to right side.
7 & 8 (7) Step LF to left side. (&) Close RF next to LF. (8) Step forward on LF slightly in front of RF.
- Tag 1: (Step. Together.) & Rising Arms. Hold X2 & Arm Movements.**
- 1 – 2 (1) Step forward on RF & start rising both arms up. (2) Close LF next to RF & finish rising arms at head height.
3 – 4 (3) Keep your arms at head height and angle your hands with fingers out and palms up, as if asking a question. (4) Angle your hands up and make them into fists, as showing your muscles to someone ;)

Tag 2:

1 – 2

Big Step. Drag & Right Arm Up. Hold. Hold & Arm Movement.

(1) Take a big step forward on LF & start rising right hand up. (2) Drag RF close to LF, keep weight on LF & finish rising right arm up with palm facing forward and fingers up, as you're trying to stop someone.

3 – 4

(3) Hold. (4) Bring right arm in at chest height with palm in and fingers facing left side.

Tag 3:

1 – 2

Side & Right Arm Up. Hold.

(1) Step LF to left side & bring right arm up with palm facing forward and fingers up, as you're trying to stop someone. (2) Hold & keep arm in position.

Ending:

1 – 2

V-Step. (Side. Touch.) X2. Run On Spot.

(1) Step RF out to right diagonal (2) Step LF out to left diagonal.

3 – 4

(3) Step RF back in place. (4) Close LF next to RF.

5 & 6 &

(5) Step RF to right side. (&) Touch LF next to RF. (6) Step LF to left side. (&) Touch RF next to LF.

7 – 1

On the last counts you run on the spot to the beat and end with crossing RF over LF and bring right arm diagonally up and left arm diagonally down.

This Song Really Has Attitude To It, So Show It When Dancing! ;D**Have Fun!**
