

POWER MIX

Description: 84ct, 1 wall, Phrased High Intermediate
Choreographed by: Maddison Glover (AUS) June 2017
Music: Power - Little Mix (3.08)
Intro: 16 ct

PART A: 32 Counts

A1: TOE, HEEL, HITCH, CROSS, BACK, SIDE, CROSS SIDE, HEELS/TOES, HITCH, BACK, 3/8 FWD, SIDE, BEHIND SIDE

- 1& Touch R toe beside L turning R knee in, touch R heel out to R diagonal
2& Hitch R knee up, cross R over L
3&4& Step back on L, step R to R side, cross L over, step R to R side
5& Twist both heels to the r, twist both toes to the r (travelling slightly r)
6& Hitch L knee up into L diagonal (10:30), step back on L (10:30)
7&8& Turn 3/8 R stepping fwd onto R (3:00), step L to L side, step R behind L, step L to L side

Repeat the above 8 counts **THREE** times, in a clockwise direction to return back to 12:00. Therefore, Part A = 32 counts.

PART B: 36 Counts

B1: CROSS, SIDE, CROSS, SIDE, BEHIND, FWD, 3X ROCK/ RECOVERS, BACK, 1/8 SIDE

- 1,2,3 &Cross R over L, step L to L side, cross R over L, step L to L side
4& Step behind on R, turn 1/8 L stepping R fwd into L diagonal (10:30)
5& Rock R fwd (lead with toe and R hip), recover weight back onto L (10:30)
6& Rock R fwd (lead with toe and R hip), recover weight back onto L (10:30)
7& Rock R fwd (lead with toe and R hip), recover weight back onto L (10:30)
8& Step back on R foot (10:30), turn 1/8 L stepping L to L side (9:00)

B2: CROSS, SIDE, CROSS, SIDE, BEHIND, FWD, 3X ROCK/ RECOVERS, BACK, 1/8 SIDE

- 1,2,3 &Cross R over L, step L to L side, cross R over L, step L to L side
4& Step behind on R, turn 1/8 L stepping R fwd into L diagonal (7:30)
5& Rock R fwd (lead with toe and R hip), recover weight back onto L (7:30)
6& Rock R fwd (lead with toe and R hip), recover weight back onto L (7:30)
7& Rock R fwd (lead with toe and R hip), recover weight back onto L (7:30)
8& Step back on R foot (7:30), turn 1/8 L stepping L to L side (6:00)

B3: CROSS, $\frac{1}{2}$ HINGE TURN, CROSS, SIDE, CROSS, SIDE, BACK, BACK, SIDE, FWD, FWD, SIDE

- 1,2&3 Cross R over L, turn $\frac{1}{4}$ R stepping back on L, turn $\frac{1}{4}$ R stepping R to R side, cross L over R (12:00)
4&5 Step R to R side, cross L over R, step R to R side
6&7 Turn $\frac{1}{8}$ L stepping back on L (10:30), step back on R, turn $\frac{1}{8}$ L stepping L to L side (9:00)
8&1 Turn $\frac{1}{8}$ L stepping fwd on R (7:30), step fwd on L (7:30), turn $\frac{1}{8}$ L stepping R to R side (6:00)

B4: BACK, BACK, FWD, STEP LOCK FWD, STEP $\frac{1}{2}$ PIVOT, BACK, BACK, TOGETHER

- 2&3 Turn $\frac{1}{8}$ L stepping back on L (4:30), step back on R (4:30), turn $\frac{3}{8}$ L stepping fwd on L (12:00)
4&5 Step fwd on R, lock L behind R, step fwd on R (12:00)
6& Step fwd on L, pivot $\frac{1}{2}$ turn over R keeping weight on R (6:00)
7 Make a further $\frac{1}{2}$ turn over R stepping back on L (12:00)
8& Step back on R, step L together

B5: SIDE, HOLD X3 (WITH ARMS) NOTE: THESE 4 COUNTS ARE ONLY DONE DURING THE FIRST 2 B'S

- 1,2 Step R to R side, Hold (raise hands slowly up to 12:00 for 2 counts)

keep feet apart / hold for the following

- 3 Keeping hands above your head, bend R elbow and clench fist

& Bend L elbow and clench fist to make an X

- 4 Lower both hands down

(3&4 "HERE- COMES -THE POWER")

PART C: 16 Counts

C1: OUT, OUT, CLAP, FWD, TOGETHER, OPEN/CLOSE KNEES, $\frac{1}{8}$ FWD, FLICK, BACK, BACK, $\frac{3}{8}$ FWD, TOUCH (KNEE POP), 2X KNEE POPS (ON THE SPOT)

- 1&2 Step R fwd slightly to R diagonal, step L fwd slightly to L diagonal, hold (clap)

&3&4 Step fwd on R, step L together, open both knees outwards, close both knees together

- &5& Turn $\frac{1}{8}$ R stepping R fwd (1:30), flick L foot up/ behind (1:30), step back on L (1:30)

6&7 Step back on R (1:30), Turn $\frac{3}{8}$ L stepping fwd onto L (9:00), touch R together as you pop R knee fwd

- 8& Change weight onto R as you pop L knee fwd, change weight onto L as you pop R knee fwd

**C2: ROCK/ RECOVER, TOGETHER, STEP FWD, PIVOT 1/4 , CROSS, SIDE ROCK/
RECOVER, BEHIND, SIDE**

- 1,2& Rock R fwd, recover weight back onto L, bring R together
- 3,4& Step fwd on L, pivot $\frac{1}{4}$ R taking weight onto R, cross L over R (12:00)
- 5 Side Rock to R side (raise arms around/ up from 6:00 to 12:00)
- 6 Recover weight onto L (cross arms * like you're angry*)
- 7,8 Step R behind L, step L to L side (12:00)

TAG: "MOTORBIKE"

V STEP, V STEP, 2X SHUFFLES INTO DIAGONALS

1,2,3,4 Step R out into R diagonal, step L out into L diagonal, Step back on R, step L together

Optional hands (as if you're on a motorbike, holding the handle bars)

R arm extends fwd with a clenched fist (1), L arm extends fwd with a clenched fist (2)

Hands return to side on count 3

5&6& Step R out into R diagonal, step L out into L diagonal, step back on R, step L together

7&a Shuffle fwd into R diagonal -R fwd, together, fwd (1:30)

8&a Shuffle fwd into L diagonal- L fwd, together, fwd (10:30)

Sequence:-

A, B, C

A, B, C, C

B (drop last 4 counts)

TAG

B, B, B (drop last 4 counts for each B)

TAG