Power Of A Woman

Choreography by: Cody Flowers & Rachael McEnaney-White

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Line Dance: 2 walls, 32 counts, Intermediate, smooth wcs
Music: Power Of A Woman (2.54 mins). **Itunes Link**. **Spotify Link**
Count In: Dance begins 16 counts from the start of the track, dance begins on vocals.
Notes: 2 tags at end of 2nd and 4th wall facing 12.00. Restart during 5th wall after 16 counts to 12:00
Videos: DEMO (free): **www.vimeo.com/learnlinedance/PowerOfAWomanDemo**
TEACH: **www.vimeo.com/learnlinedance/PowerOfAWomen** QUICK RECAP **(free, click here)**

Section	Footwork	End Facing
1 - 8	**R fwd rock, ½ turn R, L fwd, ½ pivot R, ¼ turn L fwd sweeping R, R cross, ⅛ turn R stepping L back, R close, L fwd**	
1 2	Rock R forward [1] Recover weight L [2]	12:00
& 3 4	Make 1/2 turn right stepping R forward [&] Step L forward [3] Pivot 1/2 turn right [4]	12:00
5 6	Make 1/4 turn left stepping slightly forward L as you sweep R foot [5] Cross R over L [6]	9:00
& 7 8	Make 1/8 turn right as you step L back [&] Step R next to L [7] Step L forward [8]	10:30
9 - 16	**Chase turn (R fwd, ½ pivot, R fwd), Chase turn (L fwd, ¼ pivot, L fwd) R fwd rock, R back, L cross, Hold, R back, ½ turn L fwd**	
1 & 2	Step R forward [1] Pivot 1/2 turn left [&] Step R forward [2]	4:30
3 & 4	Step L forward [3] Pivot 1/4 turn right [&] Step L forward [4]	7:30
5 & 6 &	Rock R forward [5] Recover weight L [&] Step R back (body angled to right diagonal) [6] Cross L over R [&]	7:30
7 & 8	Hold [7] Step R back [&] Make 1/2 turn left stepping L forward [8]	1:30
RESTART	*5th wall begins facing 12:00 - restart after 16 counts facing 12:00*	
8th wall	*During 8th wall the music slows from counts 5-8: SLOW these counts down to even counts R rock forward [5] Recover weight L [6] Step R back [7] Cross L over R [8] Step R back [9] Make 1/2 turn L forward [10] - then continue dance as normal to end of song*	
17 - 24	**⅛ turn with over-rotated R side rock, ⅛ turn R sailor, ¼ turn weave, out-out, L ball, R cross**	
1 2	Make 1/8 turn left rocking R to right side (slight bend in knee) over-rotate body left [1] Recover weight L	12:00
3 & 4	Cross R behind L [3] Make 1/8 turn right stepping L next to R (slightly side) [&] Step R forward [4]	1:30
& 5	Make 1/8 turn right stepping L to left [&] Cross R behind L [5]	3:00
& 6	Make 1/8 turn right stepping L to left [&] Cross R over L [6]	4:30
& 7 & 8	Step L to left [&] Step R to right [7] Step ball of L in place [&] Cross R over L [8]	4:30
25 - 32	**⅛ turn R side L, R behind, ¼ turn L fwd, R side, L behind, ¼ R fwd, L fwd rock, ½ turn L fwd, R fwd, ½ pivot**	
1 2 &	Make 1/8 turn right stepping L to left [1] Cross R behind L [2] Make 1/4 turn left stepping L forward [&]	3:00
3 4 &	Step R to right [3] Cross L behind R [4] Make ¼ turn right stepping R forward [&]	6:00
5 6	Rock L forward [5] Recover weight R [6]	6:00
& 7 8	Make 1/2 turn left stepping L forward [&] Step R forward [7] Pivot 1/2 turn left [8]	6:00
TAG	**At the end of walls 2 and 4 facing 12:00 add the following 8 count tag**	
1 2	R fwd rock [1] Recover weight L [2]	12:00
3 & 4	Make 1/4 turn right stepping R side [3] Step L next to R [&] Make 1/4 turn right stepping R forward [4]	6:00
5 & 6	Step L forward [5] Pivot 1/2 turn right [&] Step L forward [6]	12:00
7 8	Step R forward (slightly across L) [7] Step L forward (slightly across R) [8]	12:00