The Power

Level: Intermediate **Genre:** Pop/Dance
Artist: Vanessa Amorosi
Choreo: Neville Flegg
Speed: -5% or Normal **Length:** 3.36 min
Sequence: Intro A B C A* B* C* D E C* D Intro
Intro: Wait 16 beats

Quick Cues **Quick Cues**

Intro (16 beats)
16 **4** Long Rock Heel Clap

Part A (64 beats)
8 Quick Turkey Flare **(1/4 L)**
8 Double Baby Switch
8 Quick Turkey Flare **(1/4 L)**
4 **2** Basic Stomp
4 **2** Basketball Turn **(1/2 R ea)**
8 Quick Turkey Flare **(1/4 L)**
8 Double Baby Switch
8 Quick Turkey Flare **(1/4 L)**
4 **2** Basic Stomp
4 **4** Stomp

Part B (32 beats)
8 Loop Vine Rock **(1/4 L)**
8 MJ Basic **(1/4 L)**
8 Loop Vine Rock **(1/4 L)**
4 MJ **(1/4 L)**
4 Heel Dig Tap **(Rft)**

Part C (32 beats)
8 Macnamara Rock Pivot **(1/2 R)**
4 **2** Unclog
4 **2** Swish
8 Macnamara Rock Pivot **(1/2 R)**
4 **2** Unclog
4 **4** Stomp

Part A* (32 beats)
8 Quick Turkey Flare **(1/2 L)**
8 Double Baby Switch
8 Quick Turkey Flare **(1/2 L)**
4 **2** Basic Stomp
4 **4** Stomp

Part B* (16 beats)
8 Loop Vine Rock **(1/2 L)**
4 MJ **(1/2 L)**
4 Heel Dig Tap **(Rft)**

Part C* (64 beats)
8 Macnamara Rock Pivot **(3/4 R)**
4 **2** Unclog
4 **2** Swish
8 Macnamara Rock Pivot **(3/4 R)**
4 **2** Unclog
4 **4** Stomp
32 **REPEAT**

Part D (32 beats)
16 **2** Clogover Vine
8 Mountain Goat Toe Slide
8 **4** Unclog

Part E (36 beats)
16 **4** Slow Step Pull Touch
16 **2** Toe Heel Clogover
4 **4** Stomp

Part C* (64 beats)
8 Macnamara Rock Pivot **(3/4 R)**
4 **2** Unclog
4 **2** Swish
8 Macnamara Rock Pivot **(3/4 R)**
4 **2** Unclog
4 **4** Stomp
32 **REPEAT**

Part D (32 beats)
16 **2** Clogover Vine
8 Mountain Goat Toe Slide
8 **4** Unclog

Intro (16 beat)
16 **4** Long Rock Heel Clap

ACA
11th FEB 2023

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LONG ROCK HEEL CLAP:

```
R TCHH R TCHH R TCHH CLAP CLAP
L  R   R  L   L  R
&  1   &  2   &  3    &    4
```

QUICK TURKEY FLARE: **(In this dance 1/4 or 1/2 L on beats &7)**

```
LIFT/DR H-FL BA(XIB)R(OTS)  H-FL BA(XIB)R(OTS) H-FL BA(XIB) DT(FLR) SL R(XIB) S(XIF)
 L  /R  L L  R      L       R R  L      R      L L  R       L       R  L      R
   &    1 &  2      &       3 &  4      &      5 &  6       &       7  &      8
```

DOUBLE BABY SWITCH:

```
DS DT(XIF) FLA/S(XIF) (P) BO/HD HD/BA S(XIF)/FLA
L  R         L/R           L/R   L/R  L     / R
&1 &          2          &   3     &         4
(P) HD/BO HD/BO LIFT/SL DT-BA/HD HD/BA LIFT/SL
     L/R   L/R   L  /R  L  L /R   L/R   L  /R
 &    5     &       6   &    7     &       8
```

BASIC STOMP:

```
DS STO STO
L   R   L
&1  &   2
```

BASKETBALL TURN: **(see hand movements)**

```
(P) S(FWD) PVT(1/2 R) S
    L       L         R
&   1       &         2
```

UNCLOG:

```
STA-STO SK SL
L   L   R  L
&   1   &  2
```

STOMP: **(see hand movements)**

```
(P) STO
     L
 &   1
```

LOOP VINE ROCK: **(This dance 1/4 or 1/2 L on &7&8) (see hand movements)**

```
DS-SL/LOOP-S(XIB) DS DS(XIF) DS-SL/LOOP-S(XIB) R(OTS) S RS
L  L / R   R      L  R       L  L / R   R      L      R LR
&1   &     2      &3 &4      &5   &     6      &      7 &8
```

MJ BASIC: **(This dance 1/4 or 1/2 L on &4)**

```
DS DS(XIB) RS(OTS) (P) S(XIB) R(OTS)S RS DS RS
L  R       LR          L      R     L RL R  LR
&1 &2      &3       &  4      &     5 &6 &7 &8
```

MJ: **(This dance ¼ or 1/2 L on &4)**

```
DS DS(XIB) RS(OTS) (P) S
L  R       LR          L
&1 &2      &3       &  4
```

HEEL DIG TAP:

```
DT-BA/HD (P) TAP(TOE) (P) TAP(TOE) (P) TAP(TOE)
R   R/L       L            L            L
&    1    &   2         &   3         &   4
```

MACNAMARA ROCK PIVOT: **(In this dance PVT 1/2 R)**

```
BA(OTS) BA(XIB) BA(OTS) TCHH(OTS) BA(OTS) BA(XIB) BA(OTS) TCHH
L       R       L        R        R       L       R        L
&       1       &        2        &       3       &        4
R H(WGT) PVT(L OR R) S DS RS
L R       R          L R  LR
& 5       &          6 &7 &8
```

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SWISH:

```
DT [BA/BA](H'S OUT) [BA/BA](H'S IN) SL/LIFT
L   L /R             L /R           L / R
&     1                &              2
```

CLOGOVER VINE:

```
DS(OTS) DS(XIF) DS(OTS) DS(XIB) DS(OTS) DS(XIF) DS RS
L       R       L       R       L       R       L  RL
&1      &2      &3      &4      &5      &6      &7 &8
```

MOUNTAIN GOAT TOE SLIDE:

```
DS BA(XIF) BA(OTS) BA(OTS) BA(XIF) BA(XIB) SL RS BA-SL RS BA-SL
L  R       L       R       L       R       R  LR L  L  RL R  R
&1 &       2       &       3       &       4  &5 &  6  &7 &  8
```

SLOW STEP PULL TOUCH:(see hand movements)

```
(P) S(FWD) PULL-TCH(BS)
    L       R    R
 &  1     &2&3&  4
```

TOE HEEL CLOGOVER:

```
T-H(OTS) T-H(XIF) T-H(OTS) T-H(XIB) T-H(OTS) T-H(XIF) T-H(OTS) RS
L L      R R      L L      R R      L L      R R      L L      RL
& 1      & 2      & 3      & 4      & 5      & 6      & 7      &8
```

HAND MOVEMENTS:

BASKETBALL TURN: Push arms on beats &1

STOMP: Alternate arms up on each stomp (L,R,L,R)

LOOP VINE ROCK: Loop arms XIF on both SL/LOOP-S

SLOW STEP PULL TOUCH: The leading foot hand circles slowly up & OTS