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**Sequence:** A, B, C, A, B, C, A, A, Tag, C, C, C

### Part A

#### SEC 1 **BACK SWEEP, BEHIND SIDE CROSS ROCK, CHUG FULL TURN, TOE-HEEL-TOE, POINT POINT-POINT**

- 1 Step R back and sweep L  
2& Cross L behind R, step R to R  
3-4& Cross rock L over R, recover, ¼ L step L forward (9:00)  
5&6 ¼ L rock R to R, recover (6:00)  
6&7 ¼ L rock R to R, recover, ¼ L rock R to R (12:00)  
e&a Swivel R toe to R, swivel R heel to R, swivel R toe to R weight on R  
8 With index finger pointed extended right arm out low to right  
& Keeping right arm in place extend left arm out to right side in the centre above right  
a Keeping left arm in place extend right arm out high to right side above left

#### SEC 2 **SWAY, SWAY, STEP SWAY, STEP SWAY, BACK SWAY, BACK SWAY, BACK SWAY, HITCH TWIST, TWIST, DOWN, HEEL TWISTS**

- 1-2 Rock L to left sway left, rock R to right sway right  
3-4 Step forward on L sway forward to left diagonal, step forward on R sway forward to right diagonal  
5-6 Step back L to left diagonal sway left, step back R to right diagonal sway right  
7 Step back L to the left diagonal sway left  
e&a Hitch R knee and swing right foot to right side, swing right foot to left, touch R toes forward  
8& Twist R heel to right side, twist R heel to centre

#### SEC 3 **ROCKING CHAIR, STOMP, PONY STEP**

- 1-2 Rock forward on R open arms up, recover weight onto L cross arms in front  
3-4 Rock back on R open arms up, recover weight onto L cross arms in front  
5 Stomp R foot forward  
6&7 Step L behind R hitch R, step R forward, step L behind R hitch R  
&8 Step R forward, step L behind R hitch R  
**Arms** 5-6 Bring R arm up  
7-8 Salute with R hand, drop your right arm forward

#### SEC 4 **ROCK, SIDE ROCK, BEHIND & CROSS, ¼ BALL CROSS, ½ UNWIND, STEP, ¼ CROSS**

- 1&2& Rock R forward, recover L, rock R to right side, recover L  
3&4 Step R behind L, step L to left side, cross R over L  
&5 Step L to left side, cross R over L make a ¼ turn (9:00)  
6-7-8 Make ½ turn left take weight onto L, step forward R, make ¼ turn left cross L over R (12:00)

**World Power**

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## World Power

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### Part B

#### SEC 1 BOUNCE RUN X3 HITCH, BOUNCE RUN X3 HITCH, LUNGE, ½ TURN, CROWN

1&2& Run R forward, run L forward, run R forward, hop R as hitch L (12:00)

3&4& Run L forward, run R forward, run L forward, hop L hitch R

5-6 Step R foot forward lunge forward over 2 counts

**Arms** 5-6 Bring right arm fist clenched across chest toward left shoulder, head bowed right arm across your chest

7 Make ½ turn left taking weight onto left starting to stand up (6:00)

8 Standing with weight on your R, hands should come either side of your head

#### SEC 2 BOUNCE RUN X3 HITCH, BOUNCE RUN X3 HITCH, ROCK ½ STEP, STEP, ARM WAVE

1&2& Run R forward, run L forward, run R forward, hop R as hitch L (6:00)

3&4& Run L forward, run R forward, run L forward, hop L hitch R

5&6 Rock R forward, recover weight L, make ½ turn right step R forward (12:00)

& Step forward L raise right arm up to right side, and left arm out low to left side

7&8 Starting from your right finger trips, body wave from right hand down to left hand

#### SEC 3 THROW THE WORLD

1-2 Throw a ball up in the air as watch it rise, watch your ball as it comes back down in front of you at eye level

### Part C

#### SEC 1 BACK DRAG, POP, RUN RUN SWEEP, CROSS BACK BACK, CROSS BACK, OUT OUT

1 Big step back on R reach right arm forward

2 Step L next to R pop right knee, hands come together in front of chest with elbows out (holding a ball between hands)

3&4 Run forward R, run forward L, run forward R sweep L from back to front and pull arms apart

5&6& Cross L over R, step back on R, step back on L, cross R over L

7& Step back on L, step R to right side reach right arm out to right side

8& Reach left arm out to left side, with elbows out, bring hands together at chest height as if holding a ball between hands

#### SEC 2 PUSH HANDS, ARM UP, FULL TURN, CLOSE HANDS, TWIST, THROW, HITCH, ½

1 Keeping hands in place push both hands forward away from chest

2 Take weight onto R bring right hand out to right side hand level with shoulder with palm facing up

3&4 Make a ¼ turn left step forward on L, make ½ turn left step back on R, make ¼ turn left step L to left side (12:00)

**Arms** 4 Bring right arm across to your left shoulder

5 Place left hand over right fingers to palms as if holding a ball

&6 Make ¼ turn right step forward on R flip hands (right now over left), throw both hands down (3:00)

7 Hitch L knee as if stepping over something

8& Step forward on L, make ½ turn right take weight on R (9:00)

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## World Power

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### SEC 3 ¼ ROCK & ROCK, ARM UP & OVER, FULL TURN, ⅛ STEP, BACK SWEEP

1& Make ¼ turn right step L to left side drop right arm across your body, recover weight onto R lift right arm back up

2 Rock weight back onto L drop right arm across body again (12:00)

3-4 Recover weight onto R, take weight onto L

**Arms** Circle left arm anticlockwise left arm bring right arm across body

5&6 Make ¼ turn right step forward on R, make ½ turn right step back on L, make ¼ turn right step R to right side (12:00)

7-8 Make ⅛ turn right step forward on L drop upper body, step back on R sweep L from front to back (1:30)

### SEC 4 BACK PONY, ⅜ STEP TOGETHER, HEEL V-STEP, STEP, ½ PIVOT

1&2 Step back on L hitch R, step R next to L, step back on L hitch R

3-4 Make ⅜ turn right step forward on R, step L next to R

5&6& Step R heel to right diagonal, step L heel to left diagonal, step back on R, step L next to R

7-8 Step forward R, make ½ turn left take weight onto L

### Tag

#### BACK X4

1-2 Walk back R, walk back L

3-4 Walk back R, walk back L



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