

“Power” by Tasha (Debra K. Lewis)

:10 2 pelvic locks back, reverse undulation up, 2 rib cage locks (RC) down, upper body undulation

hip bump R, L, RC arc over R to L, hip bum L, R, RC arc over L to R

hip R, R, figure 8 back L, back R, hip L, L, figure 8 back R, L

weight is on the L, RC locks R, up, L, down, RC locks L, up, R, down

pickup undulate into step back R

:30 individual L hip circle up, hip drop, drop, individual hip circle, L hip drop, drop, step back L, R individual hip circle up

R hip drop, drop, individual hip circle, R hip drop, drop, step back R, L full individual hip circle

L hip up, down, step L, hip, hip, R hip up, down, step R, hip, hip

L hip up, down, step L, hip, hip, 4 counts 3/4 R, L, R, L

2-8's 3/4 in a circle to the R

:58 3 count undulation down with shimmy to “Annie” on 3, reverse undulation up to neutral, RC up, up, down, down

pelvic lock back, back, reverse undulation up  
RC drop drop, upper body undulation

start on R, 8 count SS with tilt circle to the L, 1 1/2 to the R starting in back (8 count) (end with RC on L), heel bounce on each beat

1:17 R hip accent with fist, SS out, L hip accent with fist, RC lift, wait, down up

wait out the high drums (1-2), 8 pelvic locks back, reverse undulation up, RC drop, up

1:27 RC up L, up R, up center, SS out, reverse undulation up, RC drop, up

1:32 wait out the high drums (1-2), 8 pelvic locks back, reverse undulation up, RC drop, up  
piston shimmy until the rhythm starts

1:39 8 counts L hip double twist step, 8 counts R double twist step

1:49 1-6 double turn to the R, 7-8 SS  
1-4 fast grapevine to the L, 5-6 SS, 7-8 hips R, L, R

1:58 pelvic double lock back, reverse undulation up, RC drop, drop, upper body undulation

pelvic double lock back, reverse undulation up, RC drop, drop, upper body undulation

on 8 move to 2nd position (feet), weight to the R, shoulder lock forward, lock back, RC up, down, upper body undulation

bring L foot in, pelvic lock back, back, isolated reverse undulation

2nd position, weight to the R, shoulder lock forward, lock back, RC up, down, upper body undulation

bring L foot in, pelvic lock back, back, isolated reverse undulation, arms come up to 5th

2:18 pelvic tilt, arms to chest, come up, arms to 5th

2:22 pelvic double lock back, reverse undulation up, arms come down

RC drop, drop, upper body undulation

2nd position, weight to the R, shoulder lock forward, lock back, RC up, down, upper body undulation

bring L foot in, pelvic lock back, back, isolated reverse undulation, arms come up to 5th

2:32 pelvic tilt, arms to chest, come up, arms open out to sides

2:36 accent section: RC locks R, up, L, center, R, up, L immediately start a 3/4 elliptical circle down through center, R, ending up, RC down, up, down

step back R

2:42 3 hip drops L, descending height, 1/2 circle up X 3, shoulders R, L, R, RC up, down

step back L

3 hip drops R, descending height, 1/2 circle up X 3, shoulders R, L, R, RC up, down

leave weight on L, pickup is RC double pop up

3:01 R twist, twist back, hip up, drop, circle foot, step back R  
L hip twist, twist back, up, drop, drop, up, step back L

R twist, twist back, hip up, drop, circle foot, step back R  
L hip twist, twist back, up, drop, drop, up, step back L

step L reverse undulation up with weight transfer, RC drop, up  
step R reverse undulation up with weight transfer, RC drop, pelvic lock  
back, pelvic lock forward, RC up  
step L reverse undulation up with weight transfer, RC drop, up  
step R reverse undulation up with weight transfer, RC drop, pelvic lock  
back, pelvic lock forward, RC up

3:20 3hip drops L, descending height, 1/2 circle up X 3, shoulders R, L, R, RC up, down

step back L

3 hip drops R, descending height, 1/2 circle up X 3, shoulders R, L, R, RC up, down

RC up drop, 3 point turn to the R, RC drop, 3 point turn to the L, RC drop, piston shimmy, snake arms up to high arms

change in drums, arms come down, change in drums, pelvic shimmy matching drums, change in drums, twist shimmy

when strong drums come in, make the shimmy bigger and descend into demi plie, final accents are pelvic lock back, front, back, front, back, front rib cage up