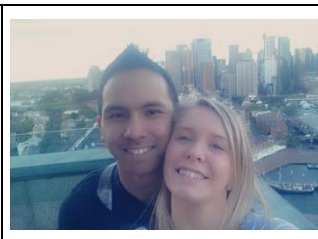


Unleash The Power

Choreographers: Fiona Murray (IRL), Roy Hadisubroto (NL)

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Type of dance: 1 Wall, Part A 32 Counts, Part B 48 Counts, Tag 8 Counts
 Level: Advanced
 Music: **Unleash The Power** by Hidden Citizens Ft. Sam Tinnesz & Rayelle
 Intro: 16 count intro from start of music.
Start with weight on L foot
 Sequence: A, B, Tag, A, B, B

Counts		End facing
Part A	Always begins and ends facing 12:00	
1 - 8	Side, 1/8 Turn Rock Recover, Back Sweep, Sailor 3/8 Turn, Forward Presses RLR	
1 - 2 &	Step R to R side (1), 1/8 Turn R Rock L forward (2), Recover back on R (&)	12:00
3 - 4 &	Step L back and sweep R from front to back (3), Cross R behind L (4), 3/8 Turn L Step L forward (&)	9:00
5 & a 6 & a	Rock forward on ball of R (5), Recover back on L (&), Close R next to L (a), Rock forward on ball of L (6), Recover back on R (&), Close L next to R (a)	9:00
7 - 8 &	Rock forward on ball of R (7), Recover back on L (8) Step R back (&)	9:00
9 - 16	1/4 Turn Dip, Ball Step, Arabesque, 3/4 Turn, Syncopated Side Mambos L&R, Slide with drag, Heel Toe Hitch	
1 & a	1/4 Turn L Step L to L side starting dip down (1), Finish on dip transferring weight on R (&), Close L next to R (a)	6:00
2 - 3 - 4	Step R to R side while starting to raise L leg to L side and <i>pushing R arm towards 9:00</i> (2), Keep raising L leg and <i>pushing R arm toward 9:00</i> , begin turning towards 9:00 (3), Finish 1/4 Turn R Step L forward (4), 1/2 Turn R Step R forward (&)	3:00
5 & a 6 & a	1/4 Turn R Rock L to L side (5), Recover on R (&), Close L next to R (a), Rock R to R side (6), Recover on L (&), Close R next to L (a),	6:00
7 - 8 & a	Big step L to L side and begin dragging R towards L (7), R heel towards L (8), R toe towards L (&), Hitch R knee (a)	6:00
17 - 24	Cross, Slow Unwind 1/2 Turn with bounces, Side Together, Shoulders, Cross Ball Step, Cross Sweep, Weave	
1e&a 2e&a	Cross R over L, bend both knees and unwind 1/8 Turn L (1), Unwind 1/8 Turn L, straighten knees (e), Unwind 1/8 Turn L Bend knees (&), Unwind 1/8 Turn L straighten knees (a), Unwind 1/8 Turn L Bend knees (2), Unwind 1/8 Turn L straighten knees (e), Unwind 1/8 Turn L Bend knees (&), Unwind 1/8 Turn L straighten knees, weight on L (a)	12:00
3 & 4 e&	Step R to R side (3), Close L next to R, <i>body angles 10:30</i> (&), L shoulder up (4), R shoulder up (e), L shoulder up (&)	12:00
5 & a 6& a7	Cross R over L (5), Step L to L side (&), Close R next to L (a), Cross L over R (6), Sweep R from back to front (&), Finish sweep brushing R forward (a7),	12:00
& 8 &	Cross R over L (&), Step L to L side (8), Cross R behind L (&)	12:00
25 - 32	Side Touch, Side Hitch, 1/4 Side Touch, Side Hitch, Side Hold Ball Change, Cross 3/4 Unwind Hitch, Shuffle	
1 & 2 &	Step L to L side (1), Touch R next to L (&), Step R to R side (2), Hitch L (&)	12:00
3 & 4 &	1/4 Turn L Step L to L side (3), Touch R next to L (&), Step R to R side (4), Hitch L (&)	9:00
5 & a 6 &	Step L to L side (5), HOLD (&), Close R next to L (a), Step L to L side (6), Cross R over L (&)	9:00
7 & 8 & a	Unwind 3/4 Turn L, weight on R (7), Hitch L (&), Step L forward (8), Close R next to L (&), Step L forward (a)	12:00
Part B		
1 - 8	Forward Hitch, Mambo L, Out R&L, Willy Bounce R&L, Slide	
1 - 2	Step R forward (1), Hitch L (2)	12:00
3 & 4	Rock L to L side (3), Recover on R (&), Close L next to R while bending both knees and <i>bring both arms from waist height up until chest height in front of body (4/"Down")</i>	12:00
5 & 6	<i>Staying low</i> , Step R into R diagonal (5), Step L into L diagonal (&), Twist outside of R heel and R hip towards 12:00 (6), R heel and R hip back to centre (&)	12:00
7 & 8 &	Twist outside of L heel and hip towards 12:00 (7), L heel and hip back to centre (&), <i>Coming back to standing</i> , Slide R to R side (8)	12:00
9 - 16	Forward Hitch, Mambo R, Full Chase Turn, 1/4 Turn Side with Arms "Kame-hame-ha"	
1 - 2	Step L forward (1), Hitch R (2)	12:00
3 & 4 &	Rock R to R side (3), Recover on L (&), Pushing onto balls of both feet while closing L next to R and <i>bring both arms from chest height down until waist height in front of body (4/"Rise")</i> , Drop both heels (&)	12:00
5 & 6 &	Step L forward (5), 1/2 Turn R Step R forward (&), 1/2 Turn R Step L back (6), 1/4 Turn R Step R to R side (&)	3:00
7 & 8	<i>R arm palm down in front of chest (7/"Un"), L arm palm down in front of waist (&/"Leash")</i> , 1/4 Turn L weight split, <i>rotate hands clockwise while pushing both arms forward so R palm is now under L palm (8/"The Power")</i>	12:00
17 - 24	Forward, Run, Out L&R, Knee Twist Side, Rock Recover, 1/4 Turn Slide, Syncopated Sailors, Side & Shake	
1 - 2	Step forward L pushing off R, <i>pull arms towards body</i> (1), Step R forward, as if running (2)	12:00
& 3 - 4 &	Step L out (&), Step R out (3), Twist R knee towards L (4), R knee back to forward facing, transfer weight onto R (&)	12:00
5 & 6 &	Rock L forward (5), Recover back on R (&), 1/4 Turn L Slide L to L side (6)	9:00
7e&a 8 &	Cross R behind L (7), Step L into L diagonal (e), Step R into R diagonal (&), Cross L behind R (a), Step R into R diagonal (8) Jump L to L side <i>R arm to R side L arm across body both palms down and shake hands</i> (&)	9:00

25 - 32	Cross Rock Recover, Back Sweep RL, Pony Step, Back Sweep LR, Forward Glide R&L, Forward	
1 - 2 &	Cross R over L (1), Rock L forward (2), Recover back on R (&),	6:00
3 & 4e&a	Step L back sweeping R from front to back (3), Step R back sweeping L from front to back (&), Step L back and hitch R (4), Step R in place (e), Step L back and hitch R (&), Step R in place (a)	6:00
5 & 6	Step L back sweeping R from front to back (5), Step R back sweeping L from front to back (&), Step L back and hitch R (6), Step R in place (e), Step L back and hitch R (&),	6:00
7 - 8 &	Glide R forward (7), Glide L forward (8), Step R forward (&)	6:00
33 - 40	Forward, Run, Out L&R, Knee Twist Side, Rock Recover, ¼ Turn Slide, Syncopated Sailors, Side & Shake	
1 - 2	Step forward L, <i>pull arms towards body</i> (1), Step R forward, as if running (2)	6:00
& 3 - 4 &	Step L out (&), Step R out (3), Twist R knee towards L (4), R knee back to forward facing, transfer weight onto R (&)	6:00
5 & 6 &	Rock L forward (5), Recover back on R (&), ¼ Turn L Slide L to L side (6)	3:00
7e&a 8 &	Cross R behind L (7), Step L into L diagonal (e), Step R into R diagonal (&), Cross L behind R (a), Step R into R diagonal (8) Jump L to L side <i>R arm to R side L arm across body both palms down and shake hands</i> (&)	3:00
41 - 48	Cross Rock Recover, Back Sweep RL, Pony Step, Back Sweep LR, Step Lock Full Unwind	
1 - 2 &	Cross R over L (1), Rock L forward (2), Recover back on R (&),	12:00
3 & 4e&a	Step L back sweeping R from front to back (3), Step R back sweeping L from front to back (&), Step L back and hitch R (4), Step R in place (e), Step L back and hitch R (&), Step R in place (a)	12:00
5 & 6	Step L back sweeping R from front to back (5), Step R back sweeping L from front to back (&), Step L back and hitch R (6), Step R in place (e), Step L back and hitch R (&),	12:00
7 & 8	Step R forward (7), Lock L behind R (&), Unwind full turn, weight finishes on L (8)	12:00
Tag	<i>Happens once after first B, facing 12:00</i>	
1 - 8	Diamond	
1 - 2 &	Step R to R side (1), ½ Turn L Step L back (2), Step R back (&)	10:30
3 - 4 &	½ Turn L Step L to L side (3), ½ Turn L Step R forward (4), Step L forward (&)	7:30
5 - 6 &	½ Turn L Step R to R side (5), ½ Turn L Step L back (6), Step R back (&)	4:30
7 - 8 &	½ Turn L Step L to L side (7), ½ Turn L Step R forward (8), ½ Turn L Step L forward (&)	12:00
Note:	<i>We have included some words next to the counts to make it easier to learn. These movements will happen on these words in the song.</i>	
START AGAIN AND HAVE FUNNNN		
<u>DARE TO BE UNIQUE</u>		