

# POWER IN THE BLOOD

**SONG:** "POWER IN THE BLOOD" by BRYCE SIMPSON.

**ALBUM:** "REGGAE GOSPEL MIX"

**LEVEL:** BEGINNER

**ORIGINAL POSITION:** FEET TOGETHER WEIGHT ON THE LEFT FOOT.

**CHOREOGRAPHER:** GORDON ELLIOTT. AUST. January 2023

BEATS	STEPS: This dance is done in FOUR directions. INTRO : 16 Beats
1, 2 3, 4 5, 6 7, 8	<p><b>SIDE STRUT, CROSS STRUT, VINE RIGHT &amp; TOUCH</b></p> <p>STRUT : STEP R TOE TO THE FLOOR, DROP R HEEL TO THE FLOOR, STRUT: STEP L TOE ACROSS IN FRONT OF RIGHT, DROP L HEEL TO THE FLOOR VINE : STEP R TO THE SIDE, STEP L BEHIND RIGHT, STEP R TO THE SIDE, TOUCH L TOE TOGETHER. (12.00)</p>
1, 2 3, 4 5, 6 7, 8	<p><b>FORWARD, FORWARD, FORWARD, KICK, BACK, BACK, BACK, TOUCH</b></p> <p>STEP L FORWARD, STEP R FORWARD, STEP L FORWARD, KICK R FORWARD, STEP R BACK, STEP L BACK, STEP R BACK, TOUCH L TOE TOGETHER. (12.00)</p>
1, 2 3, 4 5, 6 7, 8	<p><b>SIDE STRUT, CROSS STRUT, VINE LEFT &amp; TOUCH</b></p> <p>STRUT: STEP L TOE TO THE SIDE, DROP L HEEL TO THE FLOOR, STRUT: STEP R TOE ACROSS IN FRONT OF LEFT, DROP R HEEL TO THE FLOOR, VINE : STEP L TO THE SIDE, STEP R BEHIND LEFT, STEP L TO THE SIDE, TOUCH L TOE TOGETHER. (12.00)</p>
1, 2 3, 4 ^^ 5, 6 7, 8 **	<p><b>"V" STEP, LITTLE PADDLE, LITTLE PADDLE</b></p> <p>"V" STEP : STEP R FORWARD AT 45° RIGHT, STEP L FORWARD AT 45° LEFT, STEP R BACK TO THE CENTRE, STEP L TOGETHER, LITTLE PADDLE : STEP R FORWARD, TURN 45° LEFT TAKE WEIGHT ONTO L, LITTLE PADDLE : STEP R FORWARD, TURN 45° LEFT TAKE WEIGHT ONTO L. (9.00)</p>
32	REPEAT THE DANCE IN NEW DIRECTION
1, 2 3, 4	<p><b>TAGS</b> : At the END ( ** ) of WALLS 2, 4, 6, 8 &amp; 9 (ALWAYS after the CHORUS at the FRONT OR THE BACK) ADD the following</p> <p>ROCKING CHAIR : STEP R FORWARD, ROCK BACK ONTO L, STEP R BACK, ROCK FORWARD ONTO L.</p> <p><b>ENDING</b> : On the final wall (WALL 9) dance to BEAT 28 ( ^^ ) then ADD the TAG ABOVE TWICE to stay facing the front</p>

