

# The Power of Life

Choreographed by **Heather Frye**  
Tecumseh, Ontario  
e-mail: hfrye@wincom.net

## 4 Wall, Phrased Line Dance

Sequence: A, B, 2 A's, tag-1, A, B, 2 A's, B, tag-2, 2 A's, tag-1

When she says "I've been around the world" - start counting on "world" - start dance 32 counts in

Music: "Around the World" - Aqua

### PART 'A' - 32 counts

#### COUNT

#### STEPS

#### 1 - 8

#### Kick out-out, body roll right 1/4 left, knee pops

1 & 2

Kick right forward (1) Step out right (&) left (2)

3, 4

Body roll side right (3) when coming back to left side make a 1/4 turn to left taking weight (4)

5, 6

Pop right knee forward (5) Pop left knee forward - (right will automatically straighten) (6)

7 & 8

Pop right knee forward (7) Pop left knee forward (&) Pop right knee forward (8) - weight end up on left

#### 9 - 16

#### Kick, kick, sailor 1/4 turn right, walk with wobbly knees L, R, L, touch R

1, 2

Kick right foot forward (1) Kick right foot at a 45 degree angle (2)

3 & 4

Cross step right behind left (angle body slightly) (3) Step left to left side (&) Step right slightly forward to right side making a 1/4 turn right (4)

5, 6, 7, 8

Step forward left (5), Step forward right (6), Step forward left (7) Touch right beside left (8) - while doing this, knock your knees together to look like wobbly knees

#### 17 - 24

#### Side shuffle, cross behind unwind full turn L, rock step, behind ball cross

1 & 2

Shuffle side right (1) left beside (&) right (2)

3, 4

Cross left behind right (3) Unwind full turn to the left keeping weight on left (4)

*Alternate Steps: Step Left beside right (3) Touch right beside left (4)*

5, 6

Rock to side right (5) Recover weight onto left (6)

7 & 8

Step right behind left (7) Step left to left side (&) Step right across left (8)

#### 25 - 32

#### Kick, kick, L sailor step, cross R over L, unwind 3/4 turn L

1, 2

Kick left foot forward (1) Kick left foot at a 45 degree angle (2)

3 & 4

Cross Step left behind right (angle body slightly) (3) Step right to right side (&) Step left slightly forward and to left side (4)

5

Cross right over left (5)

6, 7, 8

Unwind to left 1/4, (6), another 1/4 (7) and another 1/4 to complete a 3/4 turn (8) - when unwinding, separate and exaggerate each 1/4 turn, weight ends up on left

### Tag-1 - at the end of the 3<sup>rd</sup> A (facing 9:00) and at the very end of the dance (facing 12:00)

& 1, 2

Step out right (&) then left - shoulder width apart (1), put arms straight up in the air (2)

3, 4

Bring arms down to sides, weight should be mostly on left.

PART 'B' - 40 counts

Note: Part B ends facing the same wall you started it at...

<u>COUNT</u>	<u>STEPS</u>
<b><u>1 - 8</u></b>	<b><u>Step touch, step touch, roger rabbits</u></b>
1, 2	Step forward on an angle to the right (1) Touch left beside right (2)
3, 4	Step back on an angle to the left (3) Touch right beside left (4)
& 5 & 6	Raise right foot (&) Right step behind left (5) Raise left foot (&), Left step behind right (6)
& 7 & 8	Raise right foot (&) Right step behind left (7) rock forward onto left (&) Recover onto right (8)
<b><u>9 - 16</u></b>	<b><u>Step lock &amp; step brush, rock step pivot 1/2 turn left on right, step forward on L, R</u></b>
1, 2	Left step forward (1) Lock step right behind left (2)
& 3, 4	Small step forward left (&) right step forward (3) Brush left foot forward (4)
5, 6	Rock forward onto left (5), Recover onto right (6),
7, 8	Pivot 1/2 turn left on right foot stepping forward on left (7) Step forward on right (8)
<b><u>17 - 24</u></b>	<b><u>REPEAT COUNTS 9 - 16 - Step lock &amp; step brush, rock step pivot 1/2 turn left on right, step forward on L, R</u></b>
<b><u>25 - 32</u></b>	<b><u>Kick &amp; kick ball change, touch, cross R behind L unwind a full turn, L mambo step</u></b>
1& 2	Kick left foot forward (1) left step home (&) Kick right foot forward (2)
& 3	Rock right back (&) Step left in place (3)
4	Touch right to right side (4)
5, 6	Cross right behind left (5) unwind full turn to the right transferring weight to right(6)
	<i>Alternate steps(5-6) - Step right beside left (5) Touch left beside right (6)</i>
7 & 8	Rock onto left foot (7) Recover weight onto right foot (&) Step left beside right (8)
<b><u>33 - 40</u></b>	<b><u>Kick &amp; Kick ball change, Touch, Cross L behind R unwind slowly one full turn</u></b>
1 & 2	Kick right foot forward (1) Right step home (&) Kick left foot forward (2)
& 3	Rock left back (&) Step right in place (3)
4, 5	Touch left to left side (4), Cross left behind right (5),
6, 7, 8	Unwind slowly a full turn to the left transferring weight to left (6, 7, 8)
	<i>Alternate Steps (5-8) : Step left beside right (5) Touch right beside left (6) Hold (7-8)</i>
<b><u>Tag-2 - at the end of the 3<sup>rd</sup> B (facing 6:00)</u></b>	
1 & 2	Kick right forward (1) Step to right side (&) Touch left beside right (2)
3 & 4	Bump hips left (3) right (&) left (4)
5 & 6	Kick right forward (5) Step to right side (&) Touch left beside right (6)
7 & 8	Bump hips left (7) right (&) left (8) - ** weight ends up on left

The dance ends facing the same wall that you started at.