Power to Move

Choreographer: Joshua Talbot 2026
Music: Move On – Kevin Power & Shaboozey
Level: Intermeidate: 4 Wall
Counts: 32 2 restarts – see below
Intro: 32 counts

Section 1: STEP, LOCK, STEP, TOGETHER, ½, STEP, LOCK, STEP, TOGETHER, ¼
1, 2, 3 Step R fwd, lock L behind R, step R fwd
&4 Step on ball of L together making a quick ½ R, step R slightly fwd
5, 6, 7 Step L fwd, lock R behind L, step L fwd
&8 Step on ball of R together making a quick ¼ L, step L slightly to L side
(Tip: Think of '&4', '&8' like a Ball step but making a turn at the same time.)

Section 2: CROSS ROCK, SIDE ROCK, BEHIND, ¼ FWD, PIVOT ¼
1, 2 Cross rock R over L, recover weight L
3, 4 Rock R to R, recover weight L
5, 6 Step R behind L, ¼ L step L fwd
7, 8* Step R fwd, ¼ L taking weight L*

Section 3: CROSS ROCK, SIDE ROCK, BEHIND, ¼ FWD, PUSH FWD, RECOVER
1, 2 Cross rock R over L, recover weight L
3, 4 Side rock R to R, recover weight L
5, 6 Step R behind L, ¼ L step L fwd
7, 8 Push R fwd, recover weight L

Section 2: STEP FWD, SWEEP, CROSS, SIDE, BEHIND, SWEEP, BACK/BEHIND, ¼ FWD
1, 2 Step R fwd, sweep L from back to front
3, 4 Cross L over R, step R to R
5, 6 Step L behind R, sweep R from front to back
7, 8 Step R back/behind L, ¼ L step L fwd

32

Restarts*
Wall 2 & 6: Dance to count 16 and restart*

Official Teach and Demo can be found at https://www.youtube.com/user/MrJbtalbot
or by visiting my website www.linedancesydney.com

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