

Power Jam

Choreographed by Lynn Bryan

Description: 22 count, 4 wall, beginner line dance

Music: Gonna Make You Sweat by C&C Music Factory [114 bpm / CD:
Jam by Michael Jackson [CD: Dangerous]

RIGHT SIDE, TOGETHER, SIDE, CHANGE WEIGHT:

- 1 Touch right toe to right side
- 2 Touch right toe next to left foot
- 3 Touch right toe to right side
- 4 Step right foot next to left foot

LEFT SIDE, TOGETHER, SIDE, CHANGE WEIGHT:

- 5 Touch left toe to left side
- 6 Touch left toe next to right foot
- 7 Touch left toe to left side
- 8 Step left foot next to right foot

TURN/TAP HEEL TWITCH, TURN/TAP TOE TWICE:

- 9 Pivot 1/4 turn left on ball of left foot and tap right heel forward
- 10 Tap right heel forward again
- 11 Pivot 1/2 turn right on ball of left foot and tap right toe back
- 12 Tap right toe back again

TURN/HEEL, TURN/TOE, TURN/HEEL, TURN/TOUCH:

- 13 Pivot 1/2 turn left on ball of left foot and tap right heel forward
- 14 Pivot 1/2 turn right on ball of left foot and tap right toe back
- 15 Pivot 1/4 turn left on ball of left foot and step forward with right foot
- 16 Pivot 1/4 turn right on ball of right foot and touch left toe to left side

CROSS, POINT, CROSS, STEP BACK:

- 17 Step across in front of right leg with left foot
- 18 Touch right toe to right side
- 19 Step across in front of left leg with right foot
- 20 Step back with left foot

TOGETHER, (HOP)-HOP:

- 21 Step together with right foot
- & (Option) hop forward with both feet
- 22 Hop forward with both feet

REPEAT