# Matoma Power



Count: 64 Wall: 2 Level: High Intermediate

Choreographer: Gary O'Reilly (IRE) - May 2023

Music: The Power - Matoma



## Music Available from iTunes, Amazon & Spotify

#32 count intro from start of lyrics

\*note: there are sections of the dance where both the lyrics & instrumentals fade away - keep on dancing!

#### Section 1: STEP, SWIVEL 14, SWIVEL 14, HITCH, BUMP, BUMP, BACK, COASTER STEP

1 2	Step forward on R (1), ¼ L swiveling on balls of both feet dipping into knees (2) (9:00)
3 4	1/4 R swiveling on balls of both feet (weight ends on L) (3), hitch R knee up (4) (12:00)
567	Step back on R bumping R hip back & popping L knee (5), bump forward L popping R knee (6), step back on R (7) *Tag/Restart (Wall 2)

8 & 1 Step back on L (8), step R next to L (&), step forward on L (1)

#### Section 2: HOLD, & FWD ROCK, BACK, 1/4, CROSS, SIDE ROCK CROSS

2	HOLD (2)
& 3 4	Step on ball of R next to L (&), rock forward on L as you dip slightly into L knee (3), recover
	on R (4) **Tag/Restart (Wall 6)
F G 7	Walk back on L (F) 1/ Distancing D to Diside (6) errors Ligury D (7) (2:00)

5 6 7 Walk back on L (5), ¼ R stepping R to R side (6), cross L over R (7) (3:00)

8 & 1 Rock R to R side (8), recover on L (&), cross R over L (1)

### Section 3: DIAGONAL ROCK, BEHIND SIDE CROSS, DIAGONAL ROCK, BEHIND SIDE FORWARD

2 3	Rock L to L side towards L diagonal (2), recover on R (3)
4 & 5	Cross L behind R (4), step R to R side (&), cross L over R (5)
6 7	Rock R to R side towards R diagonal (6), recover on L (7)
8 & 1	Cross R behind L (8), step L to L side (&), step forward on R dipping into knees (1)

### Section 4: HOLD, PIVOT 1/2, 1/2, BACK, TOUCH, BACK, TOUCH

HOID(3)

2	HOLD (2)
3 4	Pivot ½ L (weight ends on L) (3), ½ L stepping back on R (4) (3:00)
5 6	Step diagonally back on L opening body to L (5), touch R next to L (6)
7 8	Step diagonally back on R opening body to R (7), touch L next to R (8)

### Section 5: & CROSS, SIDE, CROSS, HITCH, CROSS, SIDE, CROSS, HITCH

& 12	Step L next to R (&), cross R over L dipping into knees (1), step L to L side (2)
3 4	Cross R over L (3), hitch L up & around from back to front (4)
5 6	Cross L over R dipping into knees (5), step R to R side (6)
7 8	Cross L over R (7), hitch R up & around from back to front (8)

#### Section 6: CROSS, TOUCH & HEEL, HOLD, & TOUCH, HOLD, & TOUCH, HOLD

1	Cross R over L (1)
2 & 3	Touch L behind R heel (2), 1/8 R stepping back on L (&), tap R heel fwd (3) (4:30)
4	HOLD (4)
& 5 6	Step back on R (&), touch L toe fwd (5), HOLD (6)
& 78	Step back on L (&), touch R toe fwd (7), HOLD (8)

## Section 7: & WALK L, WALK R, FWD ROCK, 3/8, 1/2 BACK LOCK BACK, COASTER STEP

& 12	Step R next to L (&), walk fwd L (1), walk fwd R (2) (4:30)
3 4 5	Rock forward on L (3), recover on R (4), 3/8 L stepping forward on L (5) (12:00)
6 & 7	1/2 I stepping R to R side (6) cross L over R (8) 1/4 L stepping back on R (7) (6:00)

\*easier option: shuffle ½ turn L back RLR

#### Section 8: WALK R, SLOW MAMBO, COASTER STEP, HOLD, &

Walk forward on R (2)

Rock forward on L rolling hip forward anti-clockwise (3), recover on R (4), step back on L (5)

6 & 7 Step back on R (6), step L next to R (&), step forward on R (7)

8 & HOLD (8), step on ball of L next to R (&)

#### \*Tag/Restart (Wall 2)

Dance 7 counts of Wall 2 facing (6:00), then add: Walk forward on L, then restart dance from the beginning (6:00)

#### \*\*Tag/Restart (Wall 6)

Dance 12 counts of Wall 6 facing (12:00), then add: WALK BACK L, WALK BACK R, L COASTER STEP

1 2 Walk back L (1), walk back R (2)

3 & 4 Step back on L (3), step R next to L (&), step forward on L (4)

then restart dance from the beginning (12:00)

ENDING: Dance 64 counts of Wall 7, finish the dance facing (12:00) by adding a pivot ½ turn L to finish (12:00) on the (&) count.

Contact: Gary O'Reilly - oreillygaryone@gmail.com - 00353857819808

https://www.facebook.com/gary.reilly.104

www.thelifeoreillydance.com