# Soul Energy



Count: 48 Wand: 2 Ebene: Intermediate

Choreograf/in: Michele Perron (CAN)

Musik: I Don't Want Nobody - Ike Turner



#### WALK, WALK, FORWARD-TURN-FORWARD, FORWARD-TURN-ACROSS, TURN-BACK-TOUCH

1-2	Left.	riaht	steps	forward

Left step forward, execute ½ turn right with right step forward, left step forward (6:00)

Right step forward, execute ¼ turn left with left step side left, right step across front of left

(3:00)

7&8 Execute ¼ turn right with left step back, right step back, left touch (knees bend) forward

(6:00)

# LEFT TRIPLE FORWARD; ROCK/FORWARD, RECOVER/BACK; RIGHT TRIPLE TURN; ROCK/FORWARD, RECOVER/BACK

1&2 Left triple forward (left forward, right together, left forward)

3-4 Right rock/step forward; left recover/step back

5&6 Right triple with ½ turn right (right side with ¼ turn, left together, right forward with ¼ turn)

(12:00)

7-8 Left rock/step forward; right recover/step back

### LEFT LOCKING TRIPLE, TURN, ACROSS, & TOUCH, HOLD, & TOUCH, HOLD

1&2	Left 'locking' triple back (left back, right back across front of left, left back)
3-4	Execute ¼ turn right with right step side right; left step across front of right (3:00)
&-5-6	Execute ¼ turn left with right step back; left touch beside right; hold (12:00)
&-7-8	Execute ¼ turn left with left step forward; right touch beside left; hold (9:00)

## & TOUCH, TURN (MONTEREY TURN VARIATION), TRIPLE FORWARD, TOUCH, ACROSS, TOUCH, BEHIND

&-1-2 Right step beside left; left touch side left; execute ½ turn left with left step beside right (3:00)

3&4 Right triple forward (right forward, left together, right forward)

5-6 Left touch side left; left step across front of right7-8 Right touch side right; right step crossed behind left

Restart on fourth rotation with 1/4 turn left

# TURN, FORWARD, TRIPLE FORWARD, FORWARD-BACK-BACK; BACK-FORWARD-FORWARD (SALSA BASIC)

1-2	Left step forward/side (beginning $\frac{1}{2}$ turn left); right step forward (completing $\frac{1}{2}$ turn left) (9:00)
3&4	Left triple forward (left forward, right together, left forward)

5&6 Right rock/step forward, left recover/step back, right step back
7&8 Left rock/step back, right recover/step forward, left step forward

#### FORWARD, TURN, CROSSING TRIPLE, SIDE-ROCK-ACROSS, SIDE-ROCK-ACROSS

1-2	Right step forward; execute ¼ turn left with left step side left (6:00)
3&4	Right crossing triple (right across left, left side, right across left)

Left rock/step side left, right recover/step side right, left step across front of right Right rock/step side right, left recover/step side left, right step across front of left

### **REPEAT**

#### **RESTART**

Occurs on fourth rotation, at the end of 32 counts, facing 9:00 wall, execute 1/4 turn left with left forward and

### restart dance on 6:00 wall

### **DURING THE 48 COUNT INTRODUCTION:**

Pump flexed hand twice, palm facing down, below waist; on the lyrics, "i don't". (pumping action comes from bending and straightening elbow). Alternate from right hand to left hand, on each pump

### HAND ACTIONS BEGIN

On third and fourth sets 'pump' on counts 7,8 (approx) On fifth set: counts 1,2, and 7,8 (approx) On sixth set: counts 1,2 (approx)

### **ENDING**

You will be facing the 6:00 wall on count 48, execute ½ turn, step forward and pose