Energy



Count: 32 Wand: 4 Ebene: Intermediate

Choreograf/in: Maureen Jones (UK) & Michelle Jones (UK) - January 2010

Musik: It's Too Late (Almighty Anthem Radio Edit) - Simone : (Album: Almighty Presents

Energy Anthems)



Intro: 64 counts

SCUFF, TOUCH, KNEE POP, ¼ TURN, LARGE STEP BACK WITH DIP, TOUCH, LARGE STEP BACK WITH DIP, TOUCH

1-2	Scuff right forward, touch right to right
3-4	Pop right knee across left, on ball of left make 1/4 turn right twisting right knee to centre
5-6	Step right large step back (bending knees), touch left beside right
7-8	Step left large step back (bending knees), touch right beside left

STEP, ½ TURN-BACK, LARGE STEP BACK WITH DIP, ¼ TURN-SIDE, HITCH, KICK-BALL-CROSS, DIAGONAL STEP

9-10	Step right forward, make ½ turn right and step left back
11-12	Step right large step back (bending knees), make ¼ turn left and step left to left
13-14&	Hitch right across left, kick right to right side, step right to right
15-16	Step left across right, step right diagonally forward right

STEP, ½ SPIN TURN WITH FLICK, SHUFFLE, ½ TURN-BACK, ¼ TURN-SIDE, CROSS SHUFFLE

17-18	Step left forward, spin ½ turn left flicking right back
19&20	Shuffle forward stepping right, left, right
20-22	Make ½ turn right and step left back, make ¼ turn right stepping right to right side
23&24	Step left across right, step right to right, step left across right

SIDE ROCK, BEHIND-SIDE-ACROSS, HOLD, SIDE ROCK, CROSS, SIDE ROCK

Rock right to right, recover onto left
Step right behind left, step left to left, step right across left
Hold, rock left to left, recover onto right
Step left across right, rock right to right, recover onto left

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