

# High Energy

Count: 56

Wall: 1

Level:

Choreographer: Kathy Liskow (USA)

Music: 5,6,7,8 - Steps



Dedicated in memory of Kathy Crowder Farwell, who was a member of our dance group the "Twin Tier Country Twisters". She was killed in an automobile accident four days after we debuted this dance in an exhibition.

- 1-2 With weight on left foot, cross right foot over left, tap right heel twice.  
&3-4 Step n right, cross left foot over right, tap left heel twice.  
&5&6 Step on left, cross right foot over left, tap right heel, step on right, cross left foot over right, tap left heel.  
&7-8 Step on left, cross right foot over left, tap right heel twice.
- 9&10 Right shuffle to the right (right-left-right)  
11-12 Rock back on left, step on right.  
13&14 Left shuffle to the left (left-right-left)  
15-16 Rock back on right, step on left.  
17&18 Right shuffle forward (right-left-right)  
19&20 Left shuffle forward (left-right-left).  
21&22 Right shuffle forward(right-left-right)  
23&24 Left shuffle forward (left-right-left).

**On the right shuffles accent hips and twirl right arm above head as if twirling a lasso. On the left shuffles accent hips and point fingers like shooting a gun near left hip.**

- 25-26 Rock forward on right, step back on left  
27&28 Rock back on right, step on left, step forward on right. (coaster step)  
29-30 Rock forward on left, step back on right  
31&32 Rock back on left, step on right, step forward on left, (coaster step)
- 33-36 Walk forward right, left, step forward on right, make a half pivot turn left.  
37&38 Right shuffle forward (right-left-right)  
39-42 Walk forward left, right, left, right.  
43-44 Step forward on left, make a half pivot turn right.  
45&46 Left shuffle forward (left-right-left), making a half turn right.
- 47-48 Rock back on right foot, step forward on left  
49&50 Right shuffle forward (right-left-right).  
51-52 Step left foot forward, make a half pivot turn right.  
53&54 Touch left toe to left side, step onto left, touch right toe to right side.  
&55&56 Step onto right, touch left toe to left side, step on to left, touch right toe to right side.

## REPEAT

**On the first eight steps really get into it and lift your knee's high and thrust your foot down without tapping your heel.**