

Energy

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Maureen Jones (UK) & Michelle Jones (UK) - January 2010

Music: 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 ¼ 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

- 25-26 Rock right to right, recover onto left
- 27&28 Step right behind left, step left to left, step right across left
- 29&30 Hold, rock left to left, recover onto right
- 31&32 Step left across right, rock right to right, recover onto left

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