

# Feel The Energy

**COPPER** KNOB  
STEPSHEETS

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Esmeralda van de Pol (NL) - June 2012

Music: La La Love - Ivi Adamou



Intro : 32 counts

## **:::1:::STEP, TOUCH, FULL TURN L, SHUFFLE 1/4 TURN L, CROSS SHUFFLE**

- 1-2 Step R fwd, Touch L behind right heel
- 3-4 1/2 turn L-step L fwd, 1/2 turn L-step R back (12)
- 5&6 1/4 turn L-step L to L side, Step R next to L, Step L to L side
- 7&8 Cross R over L, Step L to L side, Cross R over L (9)

## **:::2:::SIDE ROCK, RECOVER, BEHIND-SIDE-CROSS, SIDE, HOLD & SIDE SCUFF**

- 1-2 Rock L to L side, Recover on R
- 3&4 Cross L behind R, Step R to R side, Cross L over R
- 5-6 Step R to R side, Hold
- &7-8 Step L next to R, Step R to R side, Scuff L fwd

## **:::3:::CROSS, BACK, CHASSE L, JAZZBOX 1/4 TURN R**

- 1-2 Cross L over R, Step R back
- 3&4 Step L to L side, Step R next to L, Step L to L side
- 5-6 Cross R over L, Step L back
- 7-8 1/4 Turn R-step R fwd, Step L fwd (12)

## **:::4:::WALK, WALK, OUT OUT, TOUCH, TOUCH BACK, UNWIND 1/2 TURN R, SHUFFLE FWD**

- 1-2 Walk fwd, R-L
- &3-4 Step R to R side, Step L to L Side, Touch R next to L
- 5-6 Touch R back, Unwind 1/2 R-weight on RF (6)
- 7&8 Step L fwd, Step R next to L, Step L fwd

## **:::5:::SIDE, TOUCH, SIDE, TOUCH, CHASSE R, CROSS ROCK FWD, RECOVER**

- 1-2 Step R to R side, Touch L next to R
- 3-4 Step L to L side, Touch R next to L \*\*restart 5th wall
- 5&6 Step R to R side, Step L next to R, Step R to R side
- 7-8 Cross rock L fwd, Recover on R

## **:::6:::CHASSE 1/4 TURN L, FULL TURN L, FWD ROCK, RECOVER, SHUFFLE BACK**

- 1&2 Step L to L side, Step R next to L, 1/4 turn L-step L fwd (3)
- 3-4 1/2 turn L-step R back, 1/2 turn L-step L fwd \*\*\*tag-restart 3rd wall (3)
- 5-6 Rock R fwd, Recover on L
- 7&8 Step R back, Step L next to R, Step R back

## **:::7:::STEP BACK, SWEEP, SAILOR STEP, STEP BACK, SWEEP, SAILOR STEP**

- 1-2 Step L back, Sweep R from front to back
- 3&4 Step R behind L, Step L to L side, Step R to R side
- 5-6 Step L back, Sweep R from front to back
- 7&8 Step R behind L, Step L to L side, Step R to R side

## **:::8:::BACK ROCK, RECOVER, SHUFFLE FWD, PIVOT 1/2 TURN L, PIVOT 1/4 TURN L**

- 1-2 Rock back on L, Recover on R
- 3&4 Step L fwd, Step R next to L, Step L fwd

5-6                    Step R fwd, 1/2 Turn L-weight on L (9)  
7-8                    Step R fwd, 1/4 Turn L-weight on L (6)

**Tag-Restart: In the 3rd wall after 4 counts of section 6 than you add:**

- (5) Step fwd on R**
- (6) 1/4 turn L-weight on L**
- (7) Cross R over L**
- (8) Step L to L side**

**Start the dance from the beginning**

**Restart : In the 5th wall after 4 counts of section 5 (side touches)**

**Contact: [www.esmeraldadancers.com](http://www.esmeraldadancers.com) /[info@esmeraldadancers.com](mailto:info@esmeraldadancers.com)**

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