

# Energy

Compte: 64

Mur: 4

Niveau: Advanced hip hop

Chorégraphe: Todd Lescarbeau (USA)

Musique: Don't Stop - Freestylers



2nd place winner in choreography competition at 2006 All American Linedance Showdown

## SCUFF-STEP-ROCK-STEP, SCUFF-STEP-ROCK-STEP, ROCK-STEP-ROCK-STEP, STEP-SCUFF, ¼ HITCH

- 1&2& Scuff right foot, step together right, rock back left, recover on right
- 3&4& Scuff left foot, step together left, rock back right, recover on left
- 5&6& Rock forward right, recover on left, rock back right, recover on left
- 7&8 Step forward right, scuff left foot, turn ¼ right to face 3:00 hitching left knee (option: clap hands)

## CROSS, SIDE, CROSSING TRIPLE, FULL MONTEREY, SIDE, DRAG

- 1-23&4 Cross left over right, step side right, cross left over right, step side right, cross left over right
- 5-6 Touch side right, full turn right on ball of left to still face 3:00 as you pull right foot in and step together
- 7-8 Large step side left, drag right in to touch together

## BACK SLIDE RIGHT-LEFT WITH KNEE POPS, RIGHT COASTER, SCUFF, HITCH, ¼ TURN RIGHT SQUAT, SHOULDERS LEFT, RIGHT

- 1-2 Slide right back then take weight while popping left knee forward, slide left back then take weight while popping right knee forward

**You should travel backward with this movement**

- 3&4 Step back right, step together left, step forward right
- 5&6 Scuff left forward, hitch left knee while turning ¼ right to face 6:00, step side left into a "squat" (feet apart, knees bent) resting hands on thighs and looking straight ahead
- 7-8 Stay in squat position facing forward and move shoulders sideways to left then to right
- & Stand up while stepping together left

## STEP SIDE RIGHT, SHOULDER SHRUG, ¼ RIGHT SIDE SHRUG, ¼ RIGHT SIDE SHRUG, ROCK-RECOVER-STEP-BEHIND-SIDE- BEHIND-SIDE

- 1 Step side right so feet are shoulder width apart with your arms straight down and place your left hand on top of your right with both palms down and bend at wrists so fingers of left hand point right and fingers of right hand point left
- &2 Shrug shoulders up then down
- 3-4 Retain hand position - turn sharply ¼ right to face 9:00 as you step side left and shrug shoulders up and down, turn sharply ¼ right to face 12:00 as you step side right and shrug shoulders up and down
- 5&6 Retain hand position - rock left behind right, recover on right, step side left
- &7&8 Retain hand position - step right behind left moving shoulders right down/left up, step side left moving shoulders left down/right up, step right behind left moving shoulders right down/left up, step side left moving shoulders left down/right up and drop the hand position

**Restart here on 5th wall. You should be facing 12:00**

## BUMP & TOUCH, BUMP & TOUCH, ¼, ½, BACK-HEEL-STEP-TOUCH

- 1&2 Bump hips up and to right with weight on left as you bring your hands up to head level with palms facing forward, bump hips left while shifting weight to right as you start moving hands in downward "C" motion, touch left behind right as your hands finish the bottom part of the "C" by moving down and right and look to right

- 3&4 Bump hips up and to left with weight on right as you bring your hands up to head level with palms facing forward, bump hips right while shifting weight to left as you start moving hands in downward "reverse-C" motion, touch right behind left as your hands finish the bottom part of the "reverse-C" by moving down and left and look to left
- 5-6 Turn ¼ right to face 3:00 stepping forward right, turn ½ right to face 9:00 stepping back left
- &7&8 Step back right, tap left heel slightly forward, step together left, touch together right

#### **SIDE TOUCH SWITCHES RIGHT-LEFT-RIGHT, HITCH, TOUCH, WEAWE ¾, STEP**

- 1&2& Touch side right, step together right, touch side left, step together left
- 3&4 Touch side right, hitch right knee across left, touch side right
- 5&6& Step right behind left, step side left turning ¼ right to face 12:00, step right across left, step side left turning ¼ right to face 3:00
- 7&8 Step right behind left, step side left turning ¼ right to face 6:00, step forward right

#### **PRESS, RECOVER, HEEL DRAG, LEFT COASTER, STEP, HEELS IN-OUT, JUMP OUT-OUT, SHOULDER SHRUG**

- 1&2 "Press" stepping forward onto ball of left, recover on right, drag left heel back
- 3&4 Step back left, step together right, step forward left
- 5&6 Step right in front of left as if on balance beam, twist both heels inward, twist both heels out shifting weight to left
- &7 Jump back slightly landing right-left with feet shoulder width apart
- &8 Shrug shoulders up then down shifting weight to left

#### **SIDE WITH ELBOW AND HOLD; ¼ SIDE ELBOW AND HOLD (X3)**

- 1-2 Step side right and sharply draw right elbow out to right with fist in front of chest, hold
- 3-4 Step side left turning ¼ left to face 3:00 while dropping right hand and bringing left elbow sharply out to left with fist in front of chest, hold
- 5-6 Step side left turning ¼ left to face 12:00 while dropping left hand and bringing right elbow sharply out to right with fist in front of chest, hold
- 7-8 Step side left turning ¼ left to face 9:00 while dropping right hand and bringing left elbow sharply out to left with fist in front of chest, hold

For added style, you can "slide" your steps for the ¾ box, but be sure to keep your movements sharp

#### **REPEAT**

#### **RESTART**

When using Don't Stop by The Freestylers, there is 1 restart. On wall five (5) you will start facing your original 12:00 wall and dance the first 32 counts of the dance (up to the side-behind-side step) then start again from the beginning of dance. From that point on you will dance all 64 counts through to the end of the song

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