

Positive Energy

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 2 级数: Improver
编舞者: Earl Miller (USA), Shajmil Epps (USA) & CL DJ Pleasure (USA) - April 2025
音乐: Energy - DJ Tunez, Ashanti & Adekunle Gold



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

PART 1: 8 COUNTS

WALK WALK, SIDE WALK, KICK BALL CHANGE, STEP DRAG QUARTER TURN LEFT

1 2 3&4 Walk forward right, left, rock to right on right foot, recover left, kick right, recover left
5 6 7 8 Walk forward on left, right, make quarter turn left walking on left, dragging right in

REPEAT PART 1 THREE MORE TIMES TO RETURN TO FRONT

PART 2: 16 COUNTS

DIAGONAL CHA CHAS

1 2 3&4 Walk on diagonal right, left, then cha cha cha RLR
5 6 7&8 Walk on diagonal left, right, then cha cha cha LRL

HEELS, HALF RIGHT EASY TURN, IN PLACE WALK

1 2 3 4 Right heel tap, left heel tap
5 6 7 8 Make half turn right stepping on right foot behind and ending on left foot, walk in place RL

REPEAT PART 2 TO RETURN TO FRONT

PART 3: 16 COUNTS

HIP ROLLS FORWARD

1 2 3 4 Step forward on right rolling hips
5 6 7 8 Step forward on left rolling hips

BEHIND IN HALF TURN LEFT

1 2 3 4 Start half left turn placing right foot behind, out, left foot behind, out
5 6 7 8 Repeat steps 1-4 to complete half left turn

Submitted by: Bonnie Berns - Email: yaelchina@yahoo.com