

Big Energy Remix

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Foo Sally (MY) - January 2023
音樂: Big Energy (Remix) (feat. DJ Khaled) - Latto & Mariah Carey



DANCE SEQUENCE : No tag no restart

Begin dance approximately at 0.24 sec of track

(1-8) SEC 1: WALK FORWARD Rf, Lf, Rf, Lf , (Rf CROSS FORWARD TOUCH, SIDE TOUCH) X 2

1-4 (1) Step Rf fwd (2) step Lf fwd (3) Step Rf fwd, (4) Step Lf fwd
5-8 (5) Touch Rf fwd over Lf , (6) Touch Rf to right side , (7) Touch Rf fwd over Lf, (8) Touch Rf to side.

(9- 16) SEC 2: WALK BACKWARD Rf, Lf, Rf, Lf , SWINGING CHARLESTON FORWARD AND BACK

1-4 (1) Step Rf back, (2) Step Lf back behind Rf (3) Step Rf back behind Lf (4) Step Lf back
5-6 (5) Touch Rf forward (with a slight swing), (6) Lf in place, Rf step back.
7-8 (7) Touch Lf back, (8) Rf in place , Step Lf forward

(17-24) SEC 3: HALF RUMBHA BOX FORWARD RIGHT. Lf STEP TO LEFT , Rf CROSS AND KICK OVER Lf , & RECOVER TO RIGHT . Lf CROSS OVER Rf AND KICK, Lf RECOVER TO LEFT.

1-2 (1) Step Rf to right , (2) Step Lf beside Rf
3-4 (3) Step Rf Forward, (4) Step Lf forward touch next to Rf.
5-6 (5) Step Lf to Left side , (6) Rf cross and kick over Lf .
7-8 (7) Rf recover to right, (8) Lf cross and kick to left.

(25 -32) SEC 4: RF SAILOR, RECOVER, Lf SAILOR ¼ TURN LEFT FORWARD, Rf ROCK FORWARD, PIVOT ½ TURN LEFT , Rf STEP FORWARD

1-2 (1) Lf step in place. (2) Rf cross behind Lf,
3-4 (3) Rf recover to right (4) Lf cross behind Rf ¼ turn Left ,
5 (5) Lf step forward.
6 (6) Step Rf forward
7 (7) Lf, Rf pivot ½ turn Left ,
8& (8) Rf step fwd , (&) Lf step next to Rf.

End of 32 counts. Dance Begins at 12.00 , 3.00, 6.00, 9.00 ending at 12.00 with Section 1- 8 counts and Walk back Rf, Lf pose.

Contact: Sallywcfong@Gmail.com Happy dancing