

Energy

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Michael Diven (USA) & Terry Pournelle (USA) - August 2015

Musik: Energy (with 버벌진트) - Jung Yong Hwa (정유화)



Intro: 20 counts, start dancing on the lyrics

CROSS, ROCK, SIDE TRIPLE ¼ TURN, ½ PIVOT, ¼ TURN SIDE TRIPLE

- 1-2 Cross rock right over left, recover weight on left
3&4 Step right to right side, step left next to right, step right to right side turning ¼ turn right
5-6 Step left forward, pivot ½ turn right
7&8 Turn ¼ left, step left to side, step right next to left, step left to left side (12:00)

CROSS STEP, HOLD, STEP, CROSS, HOLD, ¼ TURN ROCK, RECOVER, 1 ¼ TURN, CROSS STEP

- 1-2 Cross step right over left, hold
&3-4 Step left to left side, cross right over left, hold
5-6 Turn ¼ left rock forward left, recover right foot
7&8& Turn ½ left step forward on left, turn ½ left step back on right, turn ¼ left step left to left side, cross right over left (6:00)

(easier option for 7&8&-Turn ¼ turn left, step left to side, step right beside left, step left to left side, cross right over left) (6:00)

SWAY X 4, WEAVE, ROCK, RECOVER

- 1-4 Step left to side Sway hips left, right, left, right
5&6 Step left behind right, step right to side, cross left over right
7-8 Rock right to right side, recover to left (6:00)

WEAVE, ¼ TURN, ROCK, RECOVER, LOCK TRIPLE BACK, ¼ TURN, ¼ TURN

- 1&2 Step right behind left, turn ¼ left step forward left, step forward right
3-4 Rock forward left, recover weight on right
5&6 Step back left, lock right over left, step back left
7-8 Turn ¼ right, step right, turn ¼ turn right step left

REPEAT

TAG: Tag will happen on wall 7 (3:00), only once.

CROSS ROCK, RECOVER, ROCK BACK, RECOVER

- 1-2 Cross rock right over left, recover left
3-4 Rock back right, recover left
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