

# My Energy

COPPERKNOB  
BY SHEETS

Count: 32

Wand: 2

Ebene: High Intermediate - Rolling  
Count



Choreograf/in: Ria Vos (NL) - May 2024

Musik: Energy (Lucky Me) - Morgan St. Jean

## Intro: 16 Counts

### Step Fwd, Sweep $\frac{1}{4}$ R, Cross, $\frac{1}{4}$ L, $\frac{1}{4}$ L, Diamond $\frac{1}{2}$ R w/Cross, Walk Around $\frac{3}{4}$ L

- 1-2 Step Fwd on R to R Diagonal Sweeping L  $\frac{1}{4}$  Turn R, Cross L Over R (3:00)  
a3  $\frac{1}{4}$  Turn L Step Back on R,  $\frac{1}{4}$  Turn L Step L to L Side Sweeping R in Front (9:00)  
4a5 Cross R Over L, Step L to L Side,  $\frac{1}{8}$  Turn R Step Back on R (10:30)  
a6 Step Back on L,  $\frac{1}{8}$  Turn R Step R to R Side (12:00)  
a7  $\frac{1}{8}$  Turn R Step Fwd on L,  $\frac{1}{8}$  Turn R Cross R Over L (3:00)  
8&a 'Run' Around in an Arc  $\frac{3}{4}$  Turn L Stepping L-R-L (6:00)

### Press Fwd, Point Back, $\frac{3}{4}$ Turn R w/Sweep, Weave R, Touch, $\frac{1}{4}$ L, Point, 1 $\frac{1}{4}$ Turn R

- 1-2 Press Fwd on R, Recover on L Sweeping R from Front to Back  
a3 Point R Back,  $\frac{1}{2}$  Turn R Stepping weight on R Sweeping L into a  $\frac{1}{4}$  Turn R (3:00)  
4a5 Cross L Over R, Step R to R Side, Step L Behind R  
a6 Step R to R Side, Touch L Next to R  
a7  $\frac{1}{4}$  L Small Step L to L Side, Point R to R Side (12:00)\*\*\*Restart w/Step Change  
8&a  $\frac{1}{4}$  R Step Fwd on R,  $\frac{1}{2}$  R Step Back on L,  $\frac{1}{2}$  R Step Fwd on R (3:00)

### $\frac{1}{2}$ R w/Sweep, Behind-Side-Cross w/Hitch $\frac{1}{8}$ R, Step Locks Fwd, $\frac{3}{8}$ L, Samba Step

- 1  $\frac{1}{2}$  Turn R Step Back on L Sweeping R from Front to Back (9:00)  
2a3 Step R Behind L, Step L to L Side, Cross R Over L Hitching L into  $\frac{1}{8}$  Turn R (10:30)  
4&a Step Fwd on L, Lock R Behind L, Step Fwd on L  
5&a Step Fwd on R, Lock L Behind R, Step Fwd on R  
6a7 Step Fwd on L,  $\frac{3}{8}$  Turn L Step R Slightly Back to R Diagonal, Step L Next to R (6:00)  
8&a Cross R Over L, Step L to L Side, Step R Fwd to R Diagonal

### Cross, Monterey $\frac{3}{4}$ Turn R, Samba Step, $\frac{1}{8}$ L Step Fwd w/Hitch, Back Sweep, Back Sweep, Sailor $\frac{1}{2}$ L

- 1 Cross L Over R (dip down)  
2a3 Point R to R Side,  $\frac{3}{4}$  Turn R Step R Next to L, Point L to L Side (3:00)  
4&a Cross L Over R, Step R to R Side, Step L Fwd to L Diagonal  
5  $\frac{1}{8}$  Turn L Step Fwd on R Hitching L (1:30)  
6-7 Step Back on L Sweeping R Front to Back, Step Back on R Sweeping L Front to Back  
8&a Step L Behind R  $\frac{1}{4}$  Turn L,  $\frac{1}{4}$  L Step R Next to L, Step Fwd on L

### Restart w/Step Change: On wall 2 After count 15 (6:00) Replace count 16&a with:

- 16a Step R Behind L  $\frac{1}{4}$  Turn R,  $\frac{1}{4}$  Turn R Step L Next to R (12:00)

(This will form together with first count a  $\frac{1}{2}$  Turn R Sailor Step)

### Tag: After wall 3 (6:00)

- 1-2 Rock Fwd on R, Recover on L

Note: After the tag it will feel a little off beat for about 4 counts, ..it'll come back ☐

Last Update: 9 May 2024