

# Energy

Count: 32

Wand: 2

Ebene: Beginner

Choreograf/in: Beverley Mawdsley (SA)

Musik: Can Can Allegro - Berlin Philharmonic



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## STEP BACK RIGHT, STEP BACK LEFT, RIGHT TOE SWIVEL, DIP LEFT, DIP RIGHT

- 1-2 Step back right, step left beside right
- 3-4 Swivel right toe to left lifting right heel off ground. Swivel right toe to center bring heel down
- 5-6 Turn body left keeping knees together and bend knees down then up
- 7-8 Turn body to right keeping knees together and bend knees down then up

## WALK RIGHT, LEFT, TURNING ½ TURN RIGHT, POINT, SHUFFLE ½ TURN, ½ TURN LEFT

- 9-10 Walk forward right, walk forward left turning ¼ turn right
- 11-12 Bring right foot back turning ¼ turn right, point left foot back
- 13&14 Shuffle ½ turn right stepping left, right, left
- 15-16 ½ Turn right stepping right, left

## RIGHT HITCH, RIGHT FRONT, RIGHT CROSS, RIGHT POINT, RIGHT FLICK BACK, RIGHT STEP FORWARD

- 17-18 Hitch right leg, point right foot forward
- 19-20 Hitch right leg, point right foot across left
- 21-22 Hitch right leg, point right foot to right side
- 23-24 Hitch and flick right foot to right side, step right foot forward

## LEFT HITCH, LEFT FRONT, LEFT CROSS, LEFT POINT, LEFT FLICK BACK, LEFT STEP FORWARD

- 25-26 Hitch left leg, point left foot forward
- 27-28 Hitch left leg, point left foot across right
- 29-30 Hitch left leg, point left foot to left side
- 31-32 Hitch and flick left foot to left side, step left foot forward

## REPEAT

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