

My Energy

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 2

Level: High Intermediate - Rolling Count



Choreographer: Ria Vos (NL) - May 2024

Music: 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