

# Soul Energy

Count: 48

Wall: 2

Level: Intermediate

Choreographer: Michele Perron (CAN)

Music: I Don't Want Nobody - Ike Turner



## WALK, WALK, FORWARD-TURN-FORWARD, FORWARD-TURN-ACROSS, TURN-BACK-TOUCH

- 1-2 Left, right steps forward
- 3&4 Left step forward, execute  $\frac{1}{2}$  turn right with right step forward, left step forward (6:00)
- 5&6 Right step forward, execute  $\frac{1}{4}$  turn left with left step side left, right step across front of left (3:00)
- 7&8 Execute  $\frac{1}{4}$  turn right with left step back, right step back, left touch (knees bend) forward (6:00)

## LEFT TRIPLE FORWARD; ROCK/FORWARD, RECOVER/BACK; RIGHT TRIPLE TURN; ROCK/FORWARD, RECOVER/BACK

- 1&2 Left triple forward (left forward, right together, left forward)
- 3-4 Right rock/step forward; left recover/step back
- 5&6 Right triple with  $\frac{1}{2}$  turn right (right side with  $\frac{1}{4}$  turn, left together, right forward with  $\frac{1}{4}$  turn) (12:00)
- 7-8 Left rock/step forward; right recover/step back

## LEFT LOCKING TRIPLE, TURN, ACROSS, & TOUCH, HOLD, & TOUCH, HOLD

- 1&2 Left 'locking' triple back (left back, right back across front of left, left back)
- 3-4 Execute  $\frac{1}{4}$  turn right with right step side right; left step across front of right (3:00)
- &-5-6 Execute  $\frac{1}{4}$  turn left with right step back; left touch beside right; hold (12:00)
- &-7-8 Execute  $\frac{1}{4}$  turn left with left step forward; right touch beside left; hold (9:00)

## & TOUCH, TURN (MONTEREY TURN VARIATION), TRIPLE FORWARD, TOUCH, ACROSS, TOUCH, BEHIND

- &-1-2 Right step beside left; left touch side left; execute  $\frac{1}{2}$  turn left with left step beside right (3:00)
- 3&4 Right triple forward (right forward, left together, right forward)
- 5-6 Left touch side left; left step across front of right
- 7-8 Right touch side right; right step crossed behind left

Restart on fourth rotation with  $\frac{1}{4}$  turn left

## TURN, FORWARD, TRIPLE FORWARD, FORWARD-BACK-BACK; BACK-FORWARD-FORWARD (SALSA BASIC)

- 1-2 Left step forward/side (beginning  $\frac{1}{2}$  turn left); right step forward (completing  $\frac{1}{2}$  turn left) (9:00)
- 3&4 Left triple forward (left forward, right together, left forward)
- 5&6 Right rock/step forward, left recover/step back, right step back
- 7&8 Left rock/step back, right recover/step forward, left step forward

## FORWARD, TURN, CROSSING TRIPLE, SIDE-ROCK-ACROSS, SIDE-ROCK-ACROSS

- 1-2 Right step forward; execute  $\frac{1}{4}$  turn left with left step side left (6:00)
- 3&4 Right crossing triple (right across left, left side, right across left)
- 5&6 Left rock/step side left, right recover/step side right, left step across front of right
- 7&8 Right rock/step side right, left recover/step side left, right step across front of left

REPEAT

RESTART

Occurs on fourth rotation, at the end of 32 counts, facing 9:00 wall, execute  $\frac{1}{4}$  turn left with left forward and

restart dance on 6:00 wall

**DURING THE 48 COUNT INTRODUCTION:**

Pump flexed hand twice, palm facing down, below waist; on the lyrics, "i don't". (pumping action comes from bending and straightening elbow). Alternate from right hand to left hand, on each pump

**HAND ACTIONS BEGIN**

On third and fourth sets 'pump' on counts 7,8 (approx)

On fifth set: counts 1,2, and 7,8 (approx)

On sixth set: counts 1,2 (approx)

**ENDING**

You will be facing the 6:00 wall on count 48, execute  $\frac{1}{2}$  turn, step forward and pose

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