

Energized

Count: 64

Wall: 4

Level: Intermediate

Choreographer: David F. Roberts (CAN)

Music: Keep Me Rockin' - Patricia Conroy



RIGHT TRIPLE STEP & LEFT TRIPLE STEP FORWARD

- 1&2 Right step forward, left step beside right, right step forward (right-left-right)
3&4 Left step forward, right step beside left, left step forward (left-right-left)

RIGHT KICK, ½ TURN LEFT, CLAP

- 5-8 Right kick forward, right cross over left and touch right toe beside left foot, turn ½ to left, clap hands (weight on right)

LEFT TRIPLE STEP & RIGHT TRIPLE STEP FORWARD

- 9&10 Left step forward, right step beside left, left step forward (left-right-left)
11&12 Right step forward, left step beside right, left step forward (right-left-right)

LEFT KICK, ½ TURN RIGHT, CLAP

- 13-16 Left kick forward, left cross and touch to floor beside right foot, turn ½ to right, clap (weight on left)

RIGHT TRIPLE STEP TO RIGHT WITH ROCK STEP

- 17&18 Right triple step to right (right-left-right) (right step to right, left step beside right, right step to right)
19-20 Rock back onto left, rock forward onto right

RIGHT MILITARY TURN

- 21-24 Left step forward, pivoting on toes and turn ½ to right. Repeat

LEFT TRIPLE STEP TO LEFT WITH ROCK STEP

- 25&26 Left triple step to left (left-right-left) (left step to left, right step beside left, left step to left)
27-28 Rock step back onto right, rock forward onto left

LEFT MILITARY TURN

- 29-32 Right step forward, pivoting on toes turn ½ to left. Repeat

RIGHT TRIPLE STEP FORWARD

- 33&34 Right step forward, left step beside right, right step forward (right-left-right)

RIGHT MILITARY TURN

- 35-36 Left step forward, pivoting on toes turn ½ to right (weight on right)

TOE HEEL LEFT AND RIGHT

- 37-40 Left step forward onto left toe, left heel step down, right step forward onto right toe, right heel step down

LEFT KICK BALL CHANGE

- 41&42 Left kick forward, left step beside right and lift right heel off floor, right place right heel to floor and raise left heel off floor

CROSS WITH ½ TURN RIGHT

- 43-44 Left cross over in front of right and place left toes to floor beside right, turn ½ to right (weight on left)

TOE HEEL RIGHT AND LEFT

45-48 Right toe step forward, right heel step down, left toe step forward, left heel step down

RIGHT KICK BALL CHANGE.

49&50 Right kick forward, right step beside left, left step beside right

CROSS OVER WITH ½ TURN LEFT

51-52 Right cross over in front of left, turn ½ to left (weight on left)

STOMP & THRUST

53-56 Stomp right, stomp left, thrust your pelvis forward twice

TOUCH/HITCH/¼ TURN

57-60 Right toe touch to right, hitch right knee up to waist level and turn 1/8 to left. Repeat
You have now made a ¼ turn to left

STOMP / THRUST

61-64 Stomp right, stomp left, thrust pelvis forward twice

REPEAT
