

Soul Energy

Compte: 48

Mur: 2

Niveau: Intermediate



Chorégraphe: Michele Perron (CAN)

Musique: 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 ½ turn, step forward and pose
