

# Energy

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Michael Diven (USA) & Terry Pournelle (USA) - August 2015  
音乐: Energy (with 버벌진트) - Jung Yong Hwa (정유화)



Intro: 20 counts, start dancing on the lyrics

## CROSS, ROCK, SIDE TRIPLE ¼ TURN, ½ PIVOT, ¼ TURN SIDE TRIPLE

1-2            Cross rock right over left, recover weight on left  
3&4           Step right to right side, step left next to right, step right to right side turning ¼ turn right  
5-6           Step left forward, pivot ½ turn right  
7&8           Turn ¼ left, step left to side, step right next to left, step left to left side (12:00)

## CROSS STEP, HOLD, STEP, CROSS, HOLD, ¼ TURN ROCK, RECOVER, 1 ¼ TURN, CROSS STEP

1-2            Cross step right over left, hold  
&3-4          Step left to left side, cross right over left, hold  
5-6           Turn ¼ left rock forward left, recover right foot  
7&8&        Turn ½ left step forward on left, turn ½ left step back on right, turn ¼ left step left to left side, cross right over left (6:00)

(easier option for 7&8&-Turn ¼ turn left, step left to side, step right beside left, step left to left side, cross right over left) (6:00)

## SWAY X 4, WEAVE, ROCK, RECOVER

1-4            Step left to side Sway hips left, right, left, right  
5&6           Step left behind right, step right to side, cross left over right  
7-8            Rock right to right side, recover to left (6:00)

## WEAVE, ¼ TURN, ROCK, RECOVER, LOCK TRIPLE BACK, ¼ TURN, ¼ TURN

1&2            Step right behind left, turn ¼ left step forward left, step forward right  
3-4            Rock forward left, recover weight on right  
5&6           Step back left, lock right over left, step back left  
7-8            Turn ¼ right, step right, turn ¼ turn right step left

## REPEAT

TAG: Tag will happen on wall 7 (3:00), only once.

## CROSS ROCK, RECOVER, ROCK BACK, RECOVER

1-2            Cross rock right over left, recover left  
3-4            Rock back right, recover left