

Electric Energy

拍数: 64 墙数: 2 级数: Improver
编舞者: Aurora de Jong (USA) - February 2024
音乐: Electric Energy - Ariana DeBose, Boy George & Nile Rodgers
或: Wonderful - Burna Boy



****2 easy restarts after 16 counts during walls 3 and 7
Dance starts after 12 counts (some versions have 16 counts of intro)**

**Alternate track: Wonderful by Burna Boy (119 bpm) (96 count intro, dance starts at 49 sec; optional intro steps after 64 counts of intro - first 32 counts of dance at 33 sec.)
No tags or restarts if using alternate track.**

Moving to the right step RLR and extend L heel to left diagonal, forward touch back touch

- 1-2 With body angled to the right diagonal, but moving toward 3:00, step R to right (1), step L across R (2)
- 3-4 Step R to right (3), extend L heel to left diagonal (slightly pivoting on R foot) (4)
- 5-6 Step L forward (5), touch R toe to L (6)
- 7-8 Step R back (7), touch L heel to R (8)

Moving to the left, step LRL and extend R heel to right diagonal, forward touch back touch

- 1-2 With body angled to the left diagonal, but moving toward 9:00, step L to left (1), step R across L (2)
- 3-4 Step L to left (3), extend R heel to right diagonal (slightly pivoting on L foot) (4)
- 5-6 Step R forward (5), touch L toe to R (6)
- 7-8 Step L back (7), touch R heel to L (8)

Diagonal step touches back (2x), modified right grapevine ¼ right (*non-turning option for counts 5-8: R grapevine touch)

- 1-2 Step R diagonally back (1), touch L to R (2)
- 3-4 Step L diagonally back (3), touch R to L (4)
- 5-6 Step R to right (5), step L behind R (6)
- 7-8 Step R forward turning ¼ right (7), step L forward (8) (3:00)

½ pivot right, L side step ¼ right, R rock back, diagonal shuffles forward (2x) (*non-turning option for counts 1-4: L nightclub basic)

- 1-2 Pivot ½ right, putting weight to R (1)(9:00), step L to left turning ¼ right (2) (12:00)
- 3-4 Rock R back (3), recover to L (4)
- 5&6 Step R forward, slightly to right (5), step L to R(&), step R forward, slightly to right (6)
- 7&8 Step L forward, slight to left (7), step R to L (&), step L forward, slightly to left (8)

Stomp RL in place, reach arms in air, bring arms down snapping 4x, and bouncing heels

- 1-2 Stomp R in place, squaring to 12:00 (1), stomp L next to R (2)
- 3-4 Raise your arms above your head (3), hold (4)
- 5-6 Snap fingers (or jazz hands if you can't snap) and bounce heels (5), snap fingers, moving arms straight out to the side, and bounce heels (6)
- 7-8 Snap fingers, moving arms lower, and bounce heels (7), snap fingers, moving arms down to your side, and bounce heels (8)

Forward points RLR clap 2x, LRL clap 2x, hitching L

- 1&2& Point your R toe forward (1), replace (&), point your L toe forward (2), replace (&)
- 3&4& Point R toe forward (3), clap (&), clap (4), replace R foot (&)
- 5&6& Point L toe forward (5), replace (&), point R toe forward (6), replace (&)

7&8 Point L toe forward (7), clap (&), clap and low hitch L over R (8)

Forward touch, back hitch, shuffle forward, pivot ½ left

1-2 Step L forward (1), touch R toe to L (2)

3-4 Step R back (3), low hitch L over R (4)

5&6 Shuffle forward LRL

7-8 Step R forward (7), pivot ½ left, putting weight to L (8) (6:00)

R shuffle forward, L jazz box touch, R point, flick

1&2 Shuffle forward RLR

3-4 Step L forward in front of R (3), step R back (4)

5-6 Step L to left (5), touch R to L (6)

7-8 Point R to right (7), flick R behind L (8)

Dance ends at 12:00 after Wall 8! Enjoy!

If using alternate track: Dance ends at end of Wall 5 - change counts 7-8 to 1/2 right Monterey turn to end at 12:00

aurora.dejong@gmail.com

Last Update: 11 Feb 2024
