

# Energized

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: David F. Roberts (CAN)  
音乐: 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**

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