

Feel The Energy

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Esmeralda van de Pol (NL) - June 2012
音乐: La La Love - Ivi Adamou



Intro : 32 counts

:::1:::STEP, TOUCH, FULL TURN L, SHUFFLE 1/4 TURN L, CROSS SHUFFLE

1-2 Step R fwd, Touch L behind right heel
3-4 1/2 turn L-step L fwd, 1/2 turn L-step R back (12)
5&6 1/4 turn L-step L to L side, Step R next to L, Step L to L side
7&8 Cross R over L, Step L to L side, Cross R over L (9)

:::2:::SIDE ROCK, RECOVER, BEHIND-SIDE-CROSS, SIDE, HOLD & SIDE SCUFF

1-2 Rock L to L side, Recover on R
3&4 Cross L behind R, Step R to R side, Cross L over R
5-6 Step R to R side, Hold
&7-8 Step L next to R, Step R to R side, Scuff L fwd

:::3:::CROSS, BACK, CHASSE L, JAZZBOX 1/4 TURN R

1-2 Cross L over R, Step R back
3&4 Step L to L side, Step R next to L, Step L to L side
5-6 Cross R over L, Step L back
7-8 1/4 Turn R-step R fwd, Step L fwd (12)

:::4:::WALK, WALK, OUT OUT, TOUCH, TOUCH BACK, UNWIND 1/2 TURN R, SHUFFLE FWD

1-2 Walk fwd, R-L
&3-4 Step R to R side, Step L to L Side, Touch R next to L
5-6 Touch R back, Unwind 1/2 R-weight on RF (6)
7&8 Step L fwd, Step R next to L, Step L fwd

:::5:::SIDE, TOUCH, SIDE, TOUCH, CHASSE R, CROSS ROCK FWD, RECOVER

1-2 Step R to R side, Touch L next to R
3-4 Step L to L side, Touch R next to L **restart 5th wall
5&6 Step R to R side, Step L next to R, Step R to R side
7-8 Cross rock L fwd, Recover on R

:::6:::CHASSE 1/4 TURN L, FULL TURN L, FWD ROCK, RECOVER, SHUFFLE BACK

1&2 Step L to L side, Step R next to L, 1/4 turn L-step L fwd (3)
3-4 1/2 turn L-step R back, 1/2 turn L-step L fwd ***tag-restart 3rd wall (3)
5-6 Rock R fwd, Recover on L
7&8 Step R back, Step L next to R, Step R back

:::7:::STEP BACK, SWEEP, SAILOR STEP, STEP BACK, SWEEP, SAILOR STEP

1-2 Step L back, Sweep R from front to back
3&4 Step R behind L, Step L to L side, Step R to R side
5-6 Step L back, Sweep R from front to back
7&8 Step R behind L, Step L to L side, Step R to R side

:::8:::BACK ROCK, RECOVER, SHUFFLE FWD, PIVOT 1/2 TURN L, PIVOT 1/4 TURN L

1-2 Rock back on L, Recover on R
3&4 Step L fwd, Step R next to L, Step L fwd

5-6 Step R fwd, 1/2 Turn L-weight on L (9)
7-8 Step R fwd, 1/4 Turn L-weight on L (6)

Tag-Restart: In the 3rd wall after 4 counts of section 6 than you add:

- (5) Step fwd on R
- (6) 1/4 turn L-weight on L
- (7) Cross R over L
- (8) Step L to L side

Start the dance from the beginning

Restart : In the 5th wall after 4 counts of section 5 (side touches)

Contact: www.esmeraldadancers.com /info@esmeraldadancers.com
