

# Big Energy

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Scott Blevins (USA) & Tim Johnson (UK) - September 2022  
音樂: Big Energy (Remix) (feat. DJ Khaled) - Latto & Mariah Carey : (Clean version)



\*Restart after count 16 occurring on rotation 7

#32 count intro

## [1-8] WALK, WALK, ¼ BALL CROSS, ¼ FORWARD, ¼ DRAG, BALL CROSS & CROSS

- 1-2            1) Step R forward; 2) Step L forward  
&3-4            (&) Turn ¼ left stepping ball of R slightly back [9:00]; 3) Step L across R; 4) Turn ¼ right stepping R forward [12:00]  
5-6            5) Turn ¼ right taking big step L to left [3:00]; 6) Drag R toward L  
&7&8            (&) Step ball of R slightly back; 7) Step L across R; (&) Step ball of R to right; 8) Step L across R

## [9-16] POINT, ½ CLOSE, SIDE ROCK, RECOVER, CROSS, ¼ HIP CIRCLE, BUMP, COASTER

- 1-2            1) Point R to right; 2) Turn ½ right on the spot stepping R beside L [9:00]  
3&4            3) Rock L to left; (&) Recover to R; 4) Step L across R  
5-6            5) Step R to right circling hips anti-clockwise making ¼ turn left [6:00]; 6) Touch L forward bumping L hip forward  
7&8            7) Step L back; (&) Step R beside L; 8) Step L forward

\*(Restart here in rotation 7 facing original 12 o'clock wall)

## [17-24] BUMP AND BUMP 2X, STEP, ½ PIVOT, ¼ SIDE TOGETHER, KNEE POP

- 1&2            1) Touch R forward bumping hips right; (&) Return hips to center; 2) Step R forward bumping hips right  
3&4            3) Touch L forward bumping hips left; (&) Return hips to center; 4) Step L forward bumping hips left  
5-6            5) Step R forward; 6) Turn ½ left taking weight on L [12:00]  
&7&8            (&) Turn ¼ left stepping R to right [9:00]; 7) Step L beside R; (&) Pop both knees forward; 8) Return knees to center

## [25-32] CROSS, SIDE, ½ SAILOR, ¼ FORWARD, ¼ BACK, BOOGIE COASTER

- 1-2            1) Step R across L; 2) Step L left  
3&4            3) Step ball of R behind L; (&) Turn ¼ right stepping L back; 4) Turn ¼ right stepping R across L [3:00]  
5-6            5) Turn ¼ left stepping L forward; 6) Turn ¼ left stepping R back [9:00]  
7&8            7) Step L back pushing hips left; (&) Step R beside L pushing hips right; 8) Step L forward pushing hips left

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