

# Big Energy Remix

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Foo Sally (MY) - January 2023  
音樂: Big Energy (Remix) (feat. DJ Khaled) - Latto & Mariah Carey



DANCE SEQUENCE : No tag no restart

Begin dance approximately at 0.24 sec of track

**(1-8) SEC 1: WALK FORWARD Rf, Lf,Rf,Lf , (Rf CROSS FORWARD TOUCH, SIDE TOUCH) X 2**

1-4            (1)Step Rf fwd (2) step Lf fwd (3)Step Rf fwd,(4) Step Lf fwd  
5-8            (5) Touch Rf fwd over Lf ,(6) Touch Rf to right side , (7) Touch Rf fwd over Lf,(8) Touch Rf to side.

**(9- 16) SEC 2: WALK BACKWARD Rf,Lf,Rf,Lf , SWINGING CHARLESTON FORWARD AND BACK**

1-4            (1)Step Rf back,(2) Step Lf back behind Rf (3) Step Rf back behind Lf (4) Step Lf back  
5-6            (5) Touch Rf forward (with a slight swing), (6)Lf in place, Rf step back.  
7-8            (7) Touch Lf back, (8) Rf in place , Step Lf forward

**(17-24) SEC 3: HALF RUMBHA BOX FORWARD RIGHT. Lf STEP TO LEFT , Rf CROSS AND KICK OVER Lf ,& RECOVER TO RIGHT . Lf CROSS OVER Rf AND KICK, Lf RECOVER TO LEFT.**

1-2            (1) Step Rf to right , (2) Step Lf beside Rf  
3-4            (3) Step Rf Forward,(4) Step Lf forward touch next to Rf.  
5-6            (5) Step Lf to Left side , (6) Rf cross and kick over Lf .  
7-8            (7) Rf recover to right, (8) Lf cross and kick to left.

**(25 -32) SEC 4: RF SAILOR,RECOVER, Lf SAILOR ¼ TURN LEFT FORWARD, Rf ROCK FORWARD, PIVOT ½ TURN LEFT ,Rf STEP FORWARD**

1-2            (1) Lf step in place. ( 2) Rf cross behind Lf,  
3-4            (3) Rf recover to right (4) Lf cross behind Rf ¼ turn Left ,  
5                (5) Lf step forward.  
6                (6) Step Rf forward  
7                (7) Lf, Rf pivot ½ turn Left ,  
8&            (8) Rf step fwd ,(8) Lf step next to Rf.

End of 32 counts. Dance Begins at 12.00 ,3.00,6.00,9.00 ending at 12.00 with Section 1- 8 counts and Walk back Rf,Lf pose.

Contact: Sallywcfong@Gmail.com Happy dancing