

Electric Energy

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Carrie Ann Earl (ES) - March 2024
音樂: Electric Energy - Ariana DeBose, Boy George & Nile Rodgers



****2 Restarts - Wall 3 & 7 – dance up to Count 16**

Intro: 16 Counts (some versions have a 12 count intro) start on vocals

SECTION 1 - WALK, WALK, SHUFFLE FWD, ROCK FWD, RECOVER, WALK, WALK (BACK)

1-2 Walk forward R, Walk forward L
3&4 Step R fwd, step L together, step R fwd
5-6 Rock forward L, recover back on to R
7-8 Walk back L, Walk back R

SECTION 2 - ROCK BACK, STEP ¼ RIGHT, LEFT JAZZ BOX -TOUCH RIGHT

1-2 Rock back L, recover fwd on R
3-4 Step forward on L foot, pivot ¼ R (weight onto Right) (3:00)
5-6 Cross L foot over R, step back on R
7-8 Step L to L side, Touch R next to L

Restart here on Wall 3 (facing 9.00) Wall 7 (facing 9.00)

SECTION 3 - SIDE, BEHIND, ¼ TURN, ½ TURN, SIDE, BEHIND, ¼ TURN (FIGURE 8 GRAPEVINE)

1-2 Step R to side, step L behind R
3-4 Step R ¼ turn to right, step L forward (6.00)
5-6 Pivot ½ turn right (12.00), step L ¼ turn to right (3.00)
7-8 Step R behind L, step L ¼ turn left (12.00)

SECTION 4 - STEP FWD DIAGONAL, TOUCH, BACK DIAGONAL, TOUCH, ¼ RIGHT, TOUCH, STEP LEFT SIDE, TOUCH

1-2 Step fwd on R to R diagonal, touch L next to R
3-4 Step back on L to L diagonal, touch R next to L
5-6 Step R ¼ turn R, touch L next to R (3.00)
7-8 Step L to L side, touch R next to L

SECTION 5 - BALL CROSS POINT, CROSS POINT, CROSS ¼ TURN LEFT, STEP BACK, LOW KICK

&1-2 Step on Ball of R to R side, cross L over R, point R to R side
3-4 Cross R over L, point L to L side
5-6 Cross left over right. Make ¼ turn left stepping back right (12.00)
7-8 Step back on L, Kick R fwd

SECTION 6 - RIGHT ROCK BACK, ½ SHUFFLE TURN, LEFT ROCK BACK, STEP ¾ RIGHT

1-2 Rock back on R, recover L
3&4 Make ½ shuffle turn left stepping RLR (6.00)
5-6 Rock back on L, recover R
7-8 Step back on L - ¼ turn R, (9:00) Step fwd ½ R (3.00)

SECTION 7 - ROCKING CHAIR TO RIGHT DIAGONAL, HEEL GRIND 1/8, LEFT COASTER STEP

1-2 Rock fwd on L to R diagonal, recover R (1/8 turn rocking to R diagonal)
3-4 Rock back on L diagonal, recover R
5-6 Grind L heel into floor(5) as you turn 1/8 Left to square up to 3.00, (6)step onto R taking weight
7&8 Step L back (7); Step R together (&); Step L fwd (8) (3.00)

SECTION 8 - SIDE, HOLD, BALL-SIDE, TOUCH. GRAPEVINE LEFT (ALT- ROLLING VINE)

1-2 Step R to R side, HOLD

&3-4 On ball of L close Left next to R, step R to right side, touch L next to R

5-6 Step L to left side, step R behind L

7-8 Step L to Left side, touch R beside L Option – Rolling Vine Left

Ending – Dance whole of Wall 8 (start 9.00) – End facing 12.00 – Stomp fwd on Right

Last Update - 27 Mar. 2024 - R1
