

My Energy

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: High Intermediate - Rolling Count
編舞者: Ria Vos (NL) - May 2024
音樂: Energy (Lucky Me) - Morgan St. Jean



Intro: 16 Counts

Step Fwd, Sweep ¼ R, Cross, ¼ L, ¼ L, Diamond ½ R w/Cross, Walk Around ¾ L

- 1-2 Step Fwd on R to R Diagonal Sweeping L 1/4 Turn R, Cross L Over R (3:00)
a3 ¼ Turn L Step Back on R, 1/4 Turn L Step L to L Side Sweeping R in Front (9:00)
4a5 Cross R Over L, Step L to L Side, 1/8 Turn R Step Back on R (10:30)
a6 Step Back on L, 1/8 Turn R Step R to R Side (12:00)
a7 1/8 Turn R Step Fwd on L, 1/8 Turn R Cross R Over L (3:00)
8&a 'Run' Around in an Arc ¾ Turn L Stepping L-R-L (6:00)

Press Fwd, Point Back, ¾ Turn R w/Sweep, Weave R, Touch, ¼ L, Point, 1 ¼ Turn R

- 1-2 Press Fwd on R, Recover on L Sweeping R from Front to Back
a3 Point R Back, ½ Turn R Stepping weight on R Sweeping L into a ¼ Turn R (3:00)
4a5 Cross L Over R, Step R to R Side, Step L Behind R
a6 Step R to R Side, Touch L Next to R
a7 ¼ L Small Step L to L Side, Point R to R Side (12:00)***Restart w/Step Change
8&a ¼ R Step Fwd on R, ½ R Step Back on L, ½ R Step Fwd on R (3:00)

½ R w/Sweep, Behind-Side-Cross w/Hitch 1/8 R, Step Locks Fwd, 3/8 L, Samba Step

- 1 ½ Turn R Step Back on L Sweeping R from Front to Back (9:00)
2a3 Step R Behind L, Step L to L Side, Cross R Over L Hitching L into 1/8 Turn R (10:30)
4&a Step Fwd on L, Lock R Behind L, Step Fwd on L
5&a Step Fwd on R, Lock L Behind R, Step Fwd on R
6a7 Step Fwd on L, 3/8 Turn L Step R Slightly Back to R Diagonal, Step L Next to R (6:00)
8&a Cross R Over L, Step L to L Side, Step R Fwd to R Diagonal

Cross, Monterey 3/4 Turn R, Samba Step, 1/8 L Step Fwd w/Hitch, Back Sweep, Back Sweep, Sailor 1/2 L

- 1 Cross L Over R (dip down)
2a3 Point R to R Side, 3/4 Turn R Step R Next to L, Point L to L Side (3:00)
4&a Cross L Over R, Step R to R Side, Step L Fwd to L Diagonal
5 1/8 Turn L Step Fwd on R Hitching L (1:30)
6-7 Step Back on L Sweeping R Front to Back, Step Back on R Sweeping L Front to Back
8&a Step L Behind R ¼ Turn L, ¼ L Step R Next to L, Step Fwd on L

Restart w/Step Change: On wall 2 After count 15 (6:00) Replace count 16&a with:

- 16a Step R Behind L ¼ Turn R, ¼ Turn R Step L Next to R (12:00)

(This will form together with first count a 1/2 Turn R Sailor Step)

Tag: After wall 3 (6:00)

- 1-2 Rock Fwd on R, Recover on L

Note: After the tag it will feel a little off beat for about 4 counts, ..it'll come back ☐

Last Update: 9 May 2024