

# Feel The Energy

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Esmeralda van de Pol (NL) - June 2012  
音樂: 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](http://www.esmeraldadancers.com) /[info@esmeraldadancers.com](mailto:info@esmeraldadancers.com)**

---