

# ENERGY

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** The Girls (Maureen & Michelle)

**Music:** 'It's Too Late'(Almighty Anthem Radio Edit) by Simone (126 bpm) Album: Almighty Presents Energy Anthems.

## **Intro: 64 counts**

### **SCUFF, TOUCH, KNEE POP, ¼ TURN, LARGE STEP BACK WITH DIP, TOUCH, LARGE STEP BACK WITH DIP, TOUCH**

- 1-2** Scuff right forward, touch right to right
- 3-4** Pop right knee across left, on ball of left make ¼ turn right twisting right knee to centre
- 5-6** Step right large step back (bending knees), touch left beside right
- 7-8** Step left large step back (bending knees), touch right beside left

### **STEP, ½ TURN-BACK, LARGE STEP BACK WITH DIP, ¼ TURN-SIDE, HITCH, KICK-BALL-CROSS, DIAGONAL STEP**

- 9-10** Step right forward, make ½ turn right and step left back
- 11-12** Step right large step back (bending knees), make ¼ turn left and step left to left
- 13-14&** Hitch right across left, kick right to right side, step right to right
- 15-16** Step left across right, step right diagonally forward right

### **STEP, ½ SPIN TURN WITH FLICK, SHUFFLE, ½ TURN-BACK, ¼ TURN-SIDE, CROSS SHUFFLE**

- 17-18** Step left forward, spin ½ turn left flicking right back
- 19&20** Shuffle forward stepping right, left, right
- 20-22** Make ½ turn right and step left back, make ¼ turn right stepping right to right side
- 23&24** Step left across right, step right to right, step left across right

### **SIDE ROCK, BEHIND-SIDE-ACROSS, HOLD, SIDE ROCK, CROSS, SIDE ROCK**

- 25-26** Rock right to right, recover onto left
- 27&28** Step right behind left, step left to left, step right across left
- 29&30** Hold, rock left to left, recover onto right

**31&32** Step left across right, rock right to right, recover onto left

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