

# Energy

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**Count:** 32      **Wall:** 4      **Level:** Intermediate

**Choreographer:** Michael Diven & Dancin' Terry Pournelle (Aug 2015)

**Music:** "Energy (with Verbal Jint)" by Jung Yong Hwa

**Intro: 20 counts, start dancing on the lyrics**

**CROSS, ROCK, SIDE TRIPLE  $\frac{1}{4}$  TURN,  $\frac{1}{2}$  PIVOT,  $\frac{1}{4}$  TURN SIDE TRIPLE**

- 1-2**      Cross rock right over left, recover weight on left
- 3&4**      Step right to right side, step left next to right, step right to right side turning  $\frac{1}{4}$  turn right
- 5-6**      Step left forward, pivot  $\frac{1}{2}$  turn right
- 7&8**      Turn  $\frac{1}{4}$  left, step left to side, step right next to left, step left to left side (12:00)

**CROSS STEP, HOLD, STEP, CROSS, HOLD,  $\frac{1}{4}$  TURN ROCK, RECOVER, 1  $\frac{1}{4}$  TURN, CROSS STEP**

- 1-2**      Cross step right over left, hold
- &3-4**      Step left to left side, cross right over left, hold
- 5-6**      Turn  $\frac{1}{4}$  left rock forward left , recover right foot
- 7&8&**      Turn  $\frac{1}{2}$  left step forward on left, turn  $\frac{1}{2}$  left step back on right, turn  $\frac{1}{4}$  left step left to left side, cross right over left (6:00)

**(easier option for 7&8&-Turn  $\frac{1}{4}$  turn left, step left to side, step right beside left, step left to left side, cross right over left) (6:00)**

**SWAY X 4, WEAVE, ROCK, RECOVER**

- 1-4**      Step left to side Sway hips left, right, left, right
- 5&6**      Step left behind right, step right to side, cross left over right
- 7-8**      Rock right to right side, recover to left (6:00)

**WEAVE,  $\frac{1}{4}$  TURN, ROCK, RECOVER, LOCK TRIPLE BACK,  $\frac{1}{4}$  TURN,  $\frac{1}{4}$  TURN**

- 1&2**      Step right behind left, turn  $\frac{1}{4}$  left step forward left , step forward right
- 3-4**      Rock forward left, recover weight on right
- 5&6**      Step back left, lock right over left, step back left
- 7-8**      Turn  $\frac{1}{4}$  right, step right , turn  $\frac{1}{4}$  turn right step left

**REPEAT**

**TAG: Tag will happen on wall 7 (3:00), only once.**

**CROSS ROCK, RECOVER, ROCK BACK, RECOVER**

**1-2** Cross rock right over left, recover left

**3-4** Rock back right, recover left