

## Energy

32 Count, 4 Wall, Intermediate

Choreographer: The Girls (Maureen & Michelle) (UK)  
Jan 2010

Choreographed to: It's Too Late (Almighty Anthem  
Radio Edit) by Simone (126 bpm), Album: Almighty  
Presents Energy Anthems

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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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Music download available from iTunes

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