

High Energy**BEGINNER**

56 Count

Choreographed by: Kathy Liskow
Choreographed to: 5,6,7,8 by Steps

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- 1,2 With weight on left foot, cross right foot over left,tap right heel twice.
& 3,4 Step n right, cross left foot over right, tap left heel twice.
& 5 & 6 Step on left, cross right foot over left, tap right heel, step on right, cross left foot over right, tap left heel.
& 7,8 Step on left, cross right foot over left, tap right heel twice.
9 & 10 Right shuffle to the right (right-left-right)
11 - 12 Rock back on left, step on right.
13 & 14 Left shuffle to the left (left-right-left)
15 - 16 Rock back on right, step on left.
17 & 18 Right shuffle forward (right-left-right)
19 & 20 Left shuffle forward (left-right-left).
21 & 22 Right shuffle forward(right-left-right)
23 & 24 Left shuffle forward (left-right-left).

/On the right shuffles accent hips and twirl right arm above head as if twirling a lasso. On the left shuffles accent hips and point fingers like shooting a gun near left hip.

- 25 - 26 Rock forward on right, step back on left
27 & 28 Rock back on right, step on left, step forward on right. (coaster step)
29 - 30 Rock forward on left, step back on right
31 & 32 Rock back on left, step on right, step forward on left, (coaster step)
33 - 36 Walk forward right, left, step forward on right, make a half pivot turn left.
37 & 38 Right shuffle forward (right-left-right)
39 - 42 Walk forward left, right, left, right.
43 - 44 Step forward on left, make a half pivot turn right.
45 & 46 Left shuffle forward (left-right-left), making a half turn right.
47 - 48 Rock back on right foot, step forward on left
49 & 50 Right shuffle forward (right-left-right).
51 - 52 Step left foot forward, make a half pivot turn right.
53 & 54 Touch left toe to left side, step onto left, touch right toe to right side.
& 55 & 56 Step onto right, touch left toe to left side, step on to left, touch right toe to right side.

REPEAT

/On the first eight steps really get into it and lift your knee's high and thrust your foot down without tapping your heel.