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## Energy

32 Count, 4 Wall, Intermediate

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

Choreographed to: Energy (with Verbal Jint)  
by Jung Yong Hwa

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

#### **CROSS, ROCK, SIDE TRIPLE ¼ TURN, ½ PIVOT, ¼ 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 ¼ turn right  
5-6 Step left forward, pivot ½ turn right  
7&8 Turn ¼ left, step left to side, step right next to left, step left to left side (12:00)

#### **CROSS STEP, HOLD, STEP, CROSS, HOLD, ¼ TURN ROCK, RECOVER, 1¼ 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 ¼ left rock forward left, recover right foot  
7&8& Turn ½ left step forward on left, turn ½ left step back on right, turn ¼ left step left to left side, cross right over left (6:00)

**(easier option for 7&8&-Turn ¼ 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, ¼ TURN, ROCK, RECOVER, LOCK TRIPLE BACK, ¼ TURN, ¼ TURN**

- 1&2 Step right behind left, turn ¼ 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 ¼ right, step right, turn ¼ turn right step left

**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