Electric Soul

32 Count, 2 Wall, Intermediate
Choreographer: Kayla Cosgrove - November 2016
Choreographed to: Young and Beautiful by Lana Del Rey

Intro: 16 Counts (Start Dancing Lyrics) Weight on L - No Tags or Restarts

S1	**Step Unwind Full Turn Sweep Left, ¼ Walk, Walk Forward, ¼ Sweep Right, Cross ¼ Back, ¼ Side Rock, Full Turn With Knee Lift, Side Cross**
&1,2&,3	Step fwd on R(&) Unwind full turn over L sweep L around(1)1/4 L stepping L fwd(2) Step R fwd(&) ¼ turn L stepping fwd on L sweeping R around and across L(3) (facing 6 o'clock)
4&5	Cross R over L(4) ¼ R stepping L back(&) ¼ R rocking R to R side(5) (facing 12 o'clock)
	Styling: As you rock out to R on count 5 bring arms chest height across body to R
6&7	¼ L step fwd L(6) ¼ L stepping R to R side(&) ½ turn L on ball of R lifting your L knee up(7) (facing 12 o'clock)
	Styling: As you lift L knee up on count (7) starting at your hips, slide both hands up the side of your body until they are fully extended in the air.
Easy Option:	**Step L To L(6) Cross R Over L(&) Lift L Knee Up With Above Styling**
8&	Step to L side(8) Cross R over L(&) (Bringing arms down on these counts) (Facing 12 o'clock)
S2	**½ Turn Sweep Cross Back ½ Sweep, Full Turn, Rock, Back, Back, Lunge/Sit**
1, 2&,3	½ L stepping fwd on L and sweep R around (1) Cross R over L(2) ¼ R stepping back on L(&) ½ R stepping R fwd as you sweep L around(3) (Facing 3 o'clock)
	Styling: On count 3 as you sweep L around bend R knee. Think "dip down" as you dip the left shoulder slightly down to the side left side
4&5	Step L back making ½ turn R(4) step R fwd making ½ turn R(&) Rock L fwd(5)
6&7,8	Run back R(6) Run back L(&) Rock R back bending R knee and extending L leg fwd(7) Recover fwd to L(8)
	Styling: Counts 7,8. As you rock back onto R on count (7) it should feel as if you're sitting into your R leg. As you do this, you will also bring both arms up pushing out from your chest, palms up. (think of it as reaching to put something on the top shelf) Your body will naturally open to the R slightly so your arms will not be at the same length.
S3	**½ Rock Step, ½ Rock Step, ¼ Sweep, Behind Side Cross, Unwind Full Turn, Side, Cross**
&1,2	½ turn L stepping back on R(&) Rock back on L(1) Recover fwd R(2) (Facing 9 o'clock)
&3,4	½ turn R stepping back on L(&) Rock back on R(3) Recover fwd L(4) (Facing 3 o'clock)
&5	¼ L stepping R to R side(&) Quickly step on ball of L and sweep R behind L(5) (Facing 12 o'clock)
6&a7	Step R behind L(6) Step L to L side(&) Cross R over L(a) On ball of R, unwind FULL turn L(7) (Facing 12 o'clock)
	Styling: On count (7) as you unwind, bring both arms up above head and circle them above your head counter clockwise. (think as if you had ribbons in your hands and were making circle above your head, as you do the turn)
8&	Step L to L side(8) Cross R over L(&)
S4	**¼ Side, Together Prep 1/2 Back, ¼ Side, ¼ Fwd, ¼ L Sweep, Cross ,½ Back, Back Rock, Fwd L**
1,2&	¼ R stepping L to L side(1) Step R in next to L(2) Step L fwd turning L toes out to prep turn(&)
3,4&	1/2 L stepping back on R(3) (facing 9 o'clock) ¼ L Stepping L to L side(4) (Facing 6 o'clock) ¼ L Stepping R slightly fwd(&) (facing 3 o'clock)
	Note: This will feel like a "run around" and is meant to travel slightly.
5¼	L stepping fwd on L as you sweep R around to front(5) (Facing 12 o'clock)
6&7	Cross R Over L(6) ¼ R stepping back on L(&) ¼ R rocking back on R(7) (Facing 6 o'clock)
8	Step fwd on L

Ready to start the dance again on (&) Stepping fwd R)