

My Energy (May 2024)
Choreographer : Ria Vos
Type of dance : 2 wall line dance
Level : High Intermediate Rolling Count
Counts : 32
Intro: 16 counts

[Home](#)
Music : Energy (Lucky Me)
Artist : Morgan St. Jean
BPM : 105
[Dancevideo](#)
dansenbijria@gmail.com

Step Fwd, Sweep 1/4 R, Cross, 1/4 L, 1/4 L, Diamond 1/2 R w/Cross, Walk Around 3/4 L

1-2 Step Fwd on R to R Diagonal Sweeping L 1/4 Turn R, Cross L Over R (3:00)
a3 1/4 Turn L Step Back on R, 1/2 Turn L Step L to L Side Sweeping R in Front (9:00)
4a5 Cross R Over L, Step L to L Side, 1/8 Turn R Step Back on R (10:30)
a6 Step Back on L, 1/8 Turn R Step R to R Side (12:00)
a7 1/8 Turn R Step Fwd on L, 1/8 Turn R Cross R Over L (3:00)
8&a 'Run' Around in an Arc 3/4 Turn L Stepping L-R-L (6:00)

Press Fwd, Point Back, 3/4 Turn R w/Sweep, Weave R, Touch, 1/4 L, Point, 1 1/4 Turn R

1-2 Press Fwd on R, Recover on L Sweeping R from Front to Back
a3 Point R Back, 1/2 Turn R Stepping weight on R Sweeping L into a 1/4 Turn R (3:00)
4a5 Cross L Over R, Step R to R Side, Step L Behind R
a6 Step R to R Side, Touch L Next to R
a7 1/4 L Small Step L to L Side, Point R to R Side (12:00)***Restart w/Step Change
8&a 1/4 R Step Fwd on R, 1/2 R Step Back on L, 1/2 R Step Fwd on R (3:00)

1/2 R w/Sweep, Behind-Side-Cross w/Hitch 1/8 R, Step Locks Fwd, 3/8 L, Samba Step

1 1/2 Turn R Step Back on L Sweeping R from Front to Back (9:00)
2a3 Step R Behind L, Step L to L Side, Cross R Over L Hitching L into 1/8 Turn R (10:30)
4&a Step Fwd on L, Lock R Behind L, Step Fwd on L
5&a Step Fwd on R, Lock L Behind R, Step Fwd on R
6a7 Step Fwd on L, 3/8 Turn L Step R Slightly Back to R Diagonal, Step L Next to R (6:00)
8&a Cross R Over L, Step L to L Side, Step R Fwd to R Diagonal

Cross, Monterey 3/4 Turn R, Samba Step, 1/8 L Step Fwd w/Hitch, Back Sweep, Back Sweep, Sailor 1/2 L

1 Cross L Over R (dip down)
2a3 Point R to R Side, 3/4 Turn R Step R Next to L, Point L to L Side (3:00)
4&a Cross L Over R, Step R to R Side, Step L Fwd to L Diagonal
5 1/8 Turn L Step Fwd on R Hitching L (1:30)
6-7 Step Back on L Sweeping R Front to Back, Step Back on R Sweeping L Front to Back
8&a Step L Behind R 1/4 Turn L, 1/4 L Step R Next to L, Step Fwd on L

Restart w/Step Change: On wall 2 After count 15 (6:00) Replace count 16&a with:
16a Step R Behind L 1/4 Turn R, 1/4 Turn R Step L Next to R (12:00)
(This will form together with first count a 1/2 Turn R Sailor Step)

Tag: After wall 3 (6:00)

1-2 Rock Fwd on R, Recover on L

Note: After the tag it will feel a little off beat for about 4 counts, ..it'll come back ☐;