

# “My Energy”

2 wall High Intermediate Rolling Count line dance (32 counts)

Choreographer: Ria Vos, dansenbijria@gmail.com

Music: “Energy (Lucky Me)” Morgan St. Jean

Intro: 16 Counts

## Step Fwd, Sweep ¼ R, Cross, ¼ L, ¼ L, Diamond ½ R w/Cross, Walk Around ¾ L

- 1-2 Step Fwd on R to R Diagonal Sweeping L 1/4 Turn R, Cross L Over R (3:00)  
a3 ¼ Turn L Step Back on R, ½ 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 ¾ Turn L Stepping L-R-L (6:00)

## Press Fwd, Point Back, ¾ Turn R w/Sweep, Weave R, Touch, ¼ L, Point, 1 ¼ Turn R

- 1-2 Press Fwd on R, Recover on L Sweeping R from Front to Back  
a3 Point R Back, ½ Turn R Stepping weight on R Sweeping L into a ¼ 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 ¼ L Small Step L to L Side, Point R to R Side (12:00)\*\*\*Restart w/Step Change  
8&a ¼ R Step Fwd on R, ½ R Step Back on L, ½ R Step Fwd on R (3:00)

## ½ R w/Sweep, Behind-Side-Cross w/Hitch 1/8 R, Step Locks Fwd, 3/8 L, Samba Step

- 1 ½ 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 ¼ Turn L, ¼ 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 ¼ Turn R, ¼ 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 🤔*