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Energy

BEGINNER
32 Count 2 Walls
Choreographed by: Beverley Mawdsley
Choreographed to: Can Can Allegro by Berlin Philharmonic

STEP BACK RIGHT, STEP BACK LEFT, RIGHT TOE SWIVEL, DIP LEFT, DIP RIGHT

1 - 2	Step back right, step left beside right
3 - 4	Swivel right toe to left lifting right heel off ground. Swivel right toe to centre bring heel down
5 - 6	Turn body left keeping knees together and bend knees down then up
7 - 8	Turn body to right keeping knees together and bend knees down then up

WALK RIGHT, LEFT, TURNING 1/2 TURN RIGHT, POINT, SHUFFLE 1/2 TURN, 1/2 TURN LEFT

9 - 10	Walk forward right, walk forward left turning 1/4 turn right
11 - 12	Bring right foot back turning 1/4 turn right, point left foot back
13 & 14	Shuffle 1/2 turn right stepping left, right, left
15 - 16	1/2 turn right stepping right, left

RIGHT HITCH, RIGHT FRONT, RIGHT CROSS, RIGHT POINT, RIGHT FLICK BACK, RIGHT STEP FORWARD

17 - 18	Hitch right leg, point right foot forward
19 - 20	Hitch right leg, point right foot across left
21 - 22	Hitch right leg, point right foot to right side
23 - 24	Hitch and flick right foot to right side, step right foot forward

LEFT HITCH, LEFT FRONT, LEFT CROSS, LEFT POINT, LEFT FLICK BACK, LEFT STEP FORWARD

25 - 26	Hitch left leg, point left foot forward
27 - 28	Hitch left leg, point left foot across right
29 - 30	Hitch left leg, point left foot to left side
31 - 32	Hitch and flick left foot to left side, step left foot forward

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