

Bad ENERGY !?!

COUNT: 32 WALL: 4 LEVEL: Beginner

CHOREOGRAPHER: Val Saari (August 2022)

MUSIC: Bad Energy, Lilyisthatyou

Intro 16 counts

Begin on the word "Wake"

STEP HITCHES RL, STEP-FLICKS BEHIND RL

1-2 Step RF right, Hitch LF up

3-4 Step LF left, Hitch RF up

5-6 Step RF right, Flick LF behind R

7-8 Step LF left side, Flick RF behind L

RF ROCK/RECOVER, TOE-STRUT 1/2 R, STEP-LOCK-STEP SCUFF

1-2 Rock RF forward, Recover LF

3-4 RF toe-strut 1/2 turn R (6:00)

5-8 Step LF forward, Lock RF behind L, Step LF forward, Scuff RF fwd

RF ROCK/RECOVER, TOE-STRUT 1/4 R, MODIFIED COASTER STEP

1-2 Rock RF forward, Recover LF

3-4 RF toe-strut 1/4 turn R (9:00)

5-6 Step LF back, Step RF beside L (optional heel slide)

7-8 Step LF toes forward, Step LF heel down

K-STEP, HITCH RF

1-2 Step RF diagonally forward, Touch LF beside RF

3-4 Step LF diagonally back, Touch RF beside LF

5-6 Step RF diagonally back, Touch LF beside RF

7-8 Step LF diagonally forward, Hitch RF up

Ideas: although it's called Bad Energy, it's ok to add in lots of good energy, maybe some shoulder shimmies in the K Step or some finger snaps in section 1... have FUN!