

# Big Energy

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Scott Blevins (USA) & Tim Johnson (UK) - September 2022

Music: Big Energy (Remix) (feat. DJ Khaled) - Latto & Mariah Carey : (Clean version)

**\*Restart after count 16 occurring on rotation 7**

**#32 count intro**

**[1-8] WALK, WALK, ¼ BALL CROSS, ¼ FORWARD, ¼ DRAG, BALL CROSS & CROSS**

1-2 1) Step R forward; 2) Step L forward

&3-4 (&) Turn ¼ left stepping ball of R slightly back [9:00]; 3) Step L across R; 4) Turn ¼ right stepping R forward [12:00]

5-6 5) Turn ¼ right taking big step L to left [3:00]; 6) Drag R toward L

&7&8 (&) Step ball of R slightly back; 7) Step L across R; (&) Step ball of R to right; 8) Step L across R

**[9-16] POINT, ½ CLOSE, SIDE ROCK, RECOVER, CROSS, ¼ HIP CIRCLE, BUMP, COASTER**

1-2 1) Point R to right; 2) Turn ½ right on the spot stepping R beside L [9:00]

3&4 3) Rock L to left; (&) Recover to R; 4) Step L across R

5-6 5) Step R to right circling hips anti-clockwise making ¼ turn left [6:00]; 6) Touch L forward bumping L hip forward

7&8 7) Step L back; (&) Step R beside L; 8) Step L forward

**\*(Restart here in rotation 7 facing original 12 o'clock wall)**

**[17-24] BUMP AND BUMP 2X, STEP, ½ PIVOT, ¼ SIDE TOGETHER, KNEE POP**

1&2 1) Touch R forward bumping hips right; (&) Return hips to center; 2) Step R forward bumping hips right

3&4 3) Touch L forward bumping hips left; (&) Return hips to center; 4) Step L forward bumping hips left

5-6 5) Step R forward; 6) Turn ½ left taking weight on L [12:00]

&7&8 (&) Turn ¼ left stepping R to right [9:00]; 7) Step L beside R; (&) Pop both knees forward; 8) Return knees to center

**[25-32] CROSS, SIDE, ½ SAILOR, ¼ FORWARD, ¼ BACK, BOOGIE COASTER**

1-2 1) Step R across L; 2) Step L left

3&4 3) Step ball of R behind L; (&) Turn ¼ right stepping L back; 4) Turn ¼ right stepping R across L [3:00]

5-6 5) Turn ¼ left stepping L forward; 6) Turn ¼ left stepping R back [9:00]

7&8 7) Step L back pushing hips left; (&) Step R beside L pushing hips right; 8) Step L forward pushing hips left

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