

Soul Energy

Michele Perron, DANCE Expressions
Two Wall, 48 Count Line Dance, April 2007
Intermediate Level
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Sec. I (1-8) WALK, WALK, FORWARD-TURN-FORWARD, FORWARD-TURN-ACROSS, TURN-BACK-TOUCH

- 1,2 LEFT, RIGHT Steps forward
3&4 LEFT Step forward, Execute 1/2 Turn R with RIGHT Step forward, LEFT Step forward (6 o'clock)
5&6 RIGHT Step forward, Execute 1/4 Turn L with LEFT Step side L, RIGHT Step across front of L (3 o'clock)
7&8 Execute 1/4 Turn R with LEFT Step back, RIGHT Step back, LEFT Touch (knees bend) forward (6 o'clock)

Sec. II (9-16) LEFT TRIPLE FORWARD; ROCK/FORWARD, RECOVER/BACK; RIGHT TRIPLE TURN; ROCK/FORWARD, RECOVER/BACK

- 1&2 LEFT Triple forward [L forward, R together, L forward]
3,4 RIGHT Rock/Step forward; LEFT Recover/Step back
5&6 RIGHT Triple with 1/2 Turn R [R side with 1/4 Turn, L together, R forward with 1/4 Turn] (12 o'clock)
7,8 LEFT Rock/Step forward; RIGHT Recover/Step back

Sec. III (17-24) LEFT LOCKING TRIPLE, TURN, ACROSS, & TOUCH, HOLD, & TOUCH, HOLD

- 1&2 LEFT 'Locking' Triple back [L back, R back across front of L, L back]
3,4 Execute 1/4 Turn R with RIGHT Step side R; LEFT Step across front of R (3 o'clock)
&5,6 Execute 1/4 Turn L with RIGHT Step back; LEFT Touch beside R; HOLD (12 o'clock)
&7,8 Execute 1/4 Turn L with LEFT Step forward; RIGHT Touch beside L; HOLD (9 o'clock)

Sec. IV (25-32) & TOUCH, TURN (Monterey Turn Variation), TRIPLE FORWARD, TOUCH, ACROSS, TOUCH, BEHIND

- &1,2 RIGHT Step beside L; LEFT Touch side L; Execute 1/2 Turn L with LEFT Step beside R (3 o'clock)
3&4 RIGHT Triple forward [R forward, L tog, R forward]
5,6 LEFT Touch side L; LEFT Step across front of R
7,8 RIGHT Touch side R; RIGHT Step crossed behind L

*RESTART on Fourth Rotation with 1/4 Turn L

Sec. V (33-40) TURN, FORWARD, TRIPLE FORWARD, FORWARD-BACK-BACK; BACK-FORWARD-FORWARD [Salsa Basic]

- 1,2 LEFT Step forward/side (beginning 1/2 Turn L); RIGHT Step forward (completing 1/2 Turn L) (9 o'clock)
3&4 LEFT Triple forward (L forward, R together, L forward)
5&6 RIGHT Rock/Step forward, LEFT Recover/Step back, RIGHT Step back
7&8 LEFT Rock/Step back, RIGHT Recover/Step forward, LEFT Step forward

Sec. VI (41-48) FORWARD, TURN, CROSSING TRIPLE, SIDE-ROCK-ACROSS, SIDE-ROCK-ACROSS

- 1,2 RIGHT Step forward; Execute 1/4 Turn L with LEFT Step side L (6 o'clock)
3&4 RIGHT Crossing Triple [R across L, L side, R across L]
5&6 LEFT Rock/Step side L, RIGHT Recover/Step side R, LEFT Step across front of R
7&8 RIGHT Rock/Step side R, LEFT Recover/Step side L, RIGHT Step across front of L

Begin Again

*Restart: Occurs on fourth rotation, at the end of Sec. IV, (32 Counts), facing 9 o'clock wall.
Execute 1/4 Turn L with Left forward and restart dance on 6 o'clock wall.

During the 48 Count Introduction: 'Pump' flexed hand twice, palm facing down, below waist; on the lyrics, "I don't"

[Pumping action comes from bending and straightening elbow]

Alternate from right hand to left hand, on each pump

Hand actions begin:

On third and fourth sets 'pump' on Counts 7,8 (approx)

On fifth set: Counts 1,2, and 7,8 (approx)

On sixth set: Counts 1,2 (approx)

Ending: You will be facing the 6 o'clock wall on Count 48, Execute 1/2 Turn, step forward and Pose!

Music Selections: West Coast Swing (Soul, Funky, R&B)

I Don't Want Nobody

Ike Turner

114 bpm

CD: Risin' with the Blues

Downloads: Allofmp3.com \$.16

itunes \$.99

Introduction: 48 Counts



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