

Bad ENERGY !?!

COPPER KNOB
STEPMATS

Count: 32

Wall: 4

Level: Beginner

Choreographer: Val Saari (CAN) - 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!

No tags, no restarts

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