

# 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