# Vibe Check



Count: 32 Wand: 4 Ebene: Intermediate

Choreograf/in: Debbie Rushton (UK) - May 2024

Musik: Vibe Check - LONIS & Little League



## Count in: After 16 counts on lyrics

MAIK WAIK 9	DOCK STED	CTED 1/2 THIDN	SHUFFLE 1/2 TURN
VVAIN VVAIN A	KUUN SIEP.	SIFF 12 LUKIN.	SOUTELE 1/2 LUKIN

12	Walk forward R. Walk forward L
1 4	Walk lulwalu IX. Walk lulwalu L

&34 Rock R out to R side, Recover weight onto L, Step R forward

Step L forward, Pivot ½ turn R taking weight onto R 56

7&8 Shuffle ½ turn over R shoulder ending with weight back on L

## 1/4 TURN SIDE ROCK, BEHIND SIDE CROSS, POINT & POINT, SAILOR 1/4 TURN

1.2 Ma	aking ¼ turn R rock R out	to R side (swing both	arms down by you	r sides and shout

WOOO!), Recover onto L foot

3&4 Cross R behind L, Step L to L side, Cross R over L

5&6 Point L out to L side, Step L beside R, Point R out to R side

7&8 Cross R behind L, Step L beside R making ¼ turn R, Step R forward (prep to turn L)

### 1/4 TURN LUNGE, 1/4 TURN RECOVER, 1/4 TURN SIDE TOUCH BEHIND, FULL TURN SIDE SHUFFLE

1 2	Make ¼ turn L rocking L to L side (head looks over L shoulder), Make ¼ turn R stepping R in
	nlace

3 4 Make ¼ turn R stepping L to L side, Touch R behind L (turn head to look L)

56 Make ¼ turn R stepping R forward, Make ½ turn R stepping L back

7&8 Make 1/4 turn R stepping R to R side, Step L beside R, Step R to R side (roll hands around

each other at R shoulder height for counts 7&8)

### OUT OUT, L SIDE SHUFFLE, SLOW PIVOT 3/8 TURN, FLICK

1 2 Step L to L side pushing L hip out and rolling hands around each other a	it L hip height. Step R
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to R side pushing R hip out and rolling hands around each other at R hip height

Step L to L side, Step R beside L, Step L to L side (roll hands around each other at L 3&4

shoulder height for counts 3&4)

567 Step R forward and make a slow ½ pivot turn over L shoulder over counts 5,6,7 (arms out to

side, knees bent) weight stays back on R (lyrics 'VIIIIIIBE')

8 Hop weight forward onto L whilst flicking R foot up behind you (lyrics 'CHECK')

#### NO TAGS NO RESTARTS!!!! YOU'RE WELCOME!! □