

# Get a Vibe Check!

**Compte:** 32

**Mur:** 4

**Niveau:** High Beginner / Improver

**Chorégraphe:** Yvonne Kostorz (DE) - August 2024

**Musique:** Vibe Check - LÒNIS & Little League



**Intro: 16 Counts (starting the dance with the vocals)**

## **Step-Lock-Step-Lock-Step, Rock fw-Shuffle back**

12 RF fw- lock LF behind RF,  
3&4 RF fw-Lock LF behind RF-RF fw  
56 LF fw, recover onto RF  
7&8 shuffle back LF RF LF

## **Rocking Chair (starting back), Shuffle side to R – Backrock**

12 RF back, recover onto LF, RF fw, recover onto LF  
5&6 shuffle side to R RF LF RF (1/4 Turn to R) (03:00)  
78 LF back, recover onto RF

## **Shuffle side to L- Vine to R**

1&2 Shuffle side to L LF RF LF  
34 RF back, recover onto LF  
56 78 RF side to R, cross LF behind RF, RF side, Touch LF next to RF

## **2x Step side-Touch behind, Unwind to L-Turn back to R**

12 LF side to L, touch RF behind or next to RF  
34 RF side to L, touch LF behind LF (stay LF behind RF to prepare the unwind turn)  
567 unwind on both feet ( up to ½ turn to L) (09:00)  
8 turn back to R with weight on LF (up to 1/2 Turn) and cross RF in front of LF without weight, but in contact with the floor (3:00)

**There is a little change at last wall 7 (count 8) to end facing 12:00:**

**¾ turn to L instead of ½ Turn to R**

**Option Section 4, count 8:**

**If you have a good balance, you can cross your RF higher in front of your shin**

**No tags, no restarts! Enjoy, smile and have fun!**

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