

Got The Vibes

拍数: 48 墙数: 4 级数: Phrased Intermediate
编舞者: Darcie DeAngelis (USA) & Dustin Betts (USA) - August 2017
音乐: Get Low - Zedd & Liam Payne



Count in: 8 counts - Phrasing: AABB AABB A1/2B AABB A1/2B

A: 32 counts

(A1-8) R Side Rock Recover, Weave, L Slide, R Touch, R Kick Ball Cross

1 2 Rock R to R (1) Recover L (2)
3&4 Step R behind L (3) Step L to L (&) Cross R over L (4)
5 6 Big step L to L (5) Touch R next to L (6)
7&8 Kick R to R diagonal (7) Step ball of R down next to L (&) Cross L over R (8)

(A9-16) R Side Rock Recover, R 1/2 Turn Sailor, L Side Rock Recover Cross Side Cross, Side Together

1 2 Rock R to R side (1) Recover L (2)
3&4 Making 1/2 turn R, step R behind L (3) Step L in place (&) Step R forward (4)
5&6& Rock L to L side (5) Recover R (&) Cross L over R (6) Step R to R (&)
7&8 Cross L over R (7) Making 1/8 turn L [5:30 diagonal], step R to R (&) Step L next to R (8)

(A17-24) Walk R L, R 3/8 Sailor Turn, L Kick Ball Point, R Knee Roll, Heel R L

1 2 Toward the 5:30 diagonal, step R forward (1) Step L forward (2)
3&4 Making 3/8 turn R [9:00], step R behind L (3) Step L in place (&) step R forward (4)
5&6 Kick L forward (5) step L next to R (&) Point R to R (6)
7&8 With weight on L, rotate and move R knee inward toward L knee, then making 1/4 turn R, roll R knee from L to R (7) Lower R heel in place (&) Lower L heel in place (8)

(A25-32) R Coaster, L Mambo Forward, R Step, L1/4 Turn Hitch, L Side Step, R Hitch

1&2 Step R back (1) Step L next to R (&) Step R forward (2)
3&4 Rock L forward (3) Recover R (&) Step L next to R (4)
5 6 Step R diagonally back (5) Making 1/4 turn L, hitch L (6)
7 8 Step L to L (7) Hitch R (8)

B: 16 counts

(B1-8) R Kick Step L Toe Touch Back, L Kick Step R Toe Touch Back, R Point Side In Point, R C-Hip Side

1&2 Kick R to R diagonal (1) Step R next to L (&) Touch L toe behind R (2)
3&4 Kick L to L diagonal (1) Step L next to R (&) Touch R toe behind R (2)
5&6& Point R to R (5) Touch R next to L (&) Point R to R (6) Slide R to L (&)
7&8 Raise R hip up and R (7) Bump hips L (&) Stepping R to R, bump hips R and down, weight ending R (8)

(B9-16) L Step Back with Body Roll, R Step Back with Body Roll, L Back Rocking Chair, 1/2 Turn Weave

1 2 Step L back, rolling head, shoulders, chest then hips, slightly forward then back, traveling backward, weight ending L (1,2)
3 4 Step R back, rolling head, shoulders, chest then hips, slightly forward then back, traveling backward, weight ending R (1,2)
5&6& Rock L back (5) Recover R (&) Rock L forward (6) Recover R (&)
7&8 Step L back (7) Making 1/4 turn R, step R to R (&) Making 1/4 turn R, step L forward (8)