

Good Vibration

拍数: 68 墙数: 2 级数: Phrased Advanced
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音乐: Sweet Sensation - Flo Rida



Section: A-A-B-A-A-B-A-A-B-B

Part A: 32 counts

Section A1: Kick Step Lock Step, Kick Step Lock Step, ¼ Rock, Recover kick, Coaster Step.

1&2& Kick R to R diagonal (1), Step R to R diagonal (&), Lock L behind R (2), Step R to R diagonal (&),
3&4& Kick L to L diagonal (1), Step L to L diagonal (&), Lock R behind L (2), Step L to L diagonal (&),
5-6 ¼ R Rock R forward (5), Recover on L as you recover, Kick R forward (6),
7&8 Step R behind (7), Step L next R (&), Step R forward (8).

Section A2: Step Touch, Step, Touch, ¼ Step Chest Pop, and Rock Recover, Behind Side Step ¼ .

1&2 Step L to L diagonal (1), Touch R next L (&), Step R to R diagonal (2), Touch L next to R (&),
3&4 ¼ R Step L to L (3), Pop chest out (&), Pop chest in (4),
&5-6 Bring R next L (&), Rock L to L (5), Recover on R (6),
7&8 Cross L behind R (7), ¼ R Step R forward (&), Step L forward (8).

Section A3: Out-Out, Kick Kick, Jazz box and Cross Shuffle.

1-2 Step R out to R diagonal (1), Step L out to L diagonal (2),
3-4 Kick R forward (3), Kick R Behind (4),
5-6 Cross R over L (5), ¼ R Step L back (6),
&7&8 Step R to R (&), Cross L over R (7), Step R to R (&), Cross L over R (8).

Section A4: And Heel, Hold and Cross and Heel and Cross ½ R Big Step Side Together.

&1-2 Step R to R (&), L heel to L diagonal (1), Hold (2),
&3&4& Step L next R (&), Cross R over L (3), Step L to L (&), R Heel to R diagonal (4), Bring R next L (&),
5-6 Cross L over R (5) Unwind ½ R weight is on L (6)
7-8 Big Step R to (7), Bring L next R with weight (8).

Part B: 36 counts

Section B1: Out-Out, Hands Up, Down, Waves & Slide.

1-2 Step R Out to R diagonal (1), Step L Out to L diagonal (2),
3-4 Bring both hands in front of your head, Fingers are pointing Up, there is a small space between them like you are holding an invisible box(3), Bring the box in front of your hips, fingers are now pointing the floor, head down (4),
5-6 Move both arms to the R trying to make a wave (5), Move both arms to the L trying to make a wave (6),
7&8 Move both arms to R(7),L(&),R(8) on count 8 big slide to R side

Section B2: Lock, Full turn, Big Step, Ball Cross, Kick Ball Cross.

1-2-3 Lock L behind R (1), Unwind full turn L (2-3) weight is on L
4-5 Big Step R back (4), Drag L next R (5),
&6 Step L next R (&), Cross R over L (6) body is facing 1:30
7&8 Kick L forward (7), Step L next R (&), Cross R over L (8) body is facing 1:30

Section B3: Step Heel Bounce, Back Heel Bounce and Touch and Touch, Back Heel Bounce.

1&2 Body is still facing 1:30, Step L forward (1), Bounce Heels up (&) Bounce Heels down (2),

- 3&4 Step L back, body is facing 11:30 (3), Bounce Heels up (&), Bounce Heels down (4),
&5&6 Step R back (&), Touch L forward (5), Step L back (&), Touch R forward (6),
7&8 Step R back body facing 1:30 (7), Bounce Heels up (&), Bounce Heels down (8) weight is on
R

Section B4: Ball Step, Step, Out-Out, Clap, Arms.

- &1-2 Bring L next R (&), Cross R over L body is facing 1:30 (1), Step L forward body is facing
12:00 (2),
&3-4 Step R out to R diagonal (&), Step L out to L diagonal (3), Clap hands In front of your chest
(4)
5-6-7-8 Open arms wiggling fingers (5-6-7-8) on Count 8 your arms are extended to sides

Section B5: Pop Arms up, Pop Arms Down, Toes In, Heels in, Chest Pop.

- 1-2 Bring both hands up, palm facing up, fingers pointing outside (1), Bring both hands down,
fingers pointing inside, palm facing up (2)
&3&4 Bring both toes in (&), Bring both heels in (3), Pop Chest out (&), Pop Chest in (4).

Smile because you did a great job and restart the dance !
