

Good Vibes Good Life

COPPER KNOB
STEP SHEETS

拍数: 48
编舞者: Hana Ries (USA) - May 2019
音乐: Good Vibes - Chris Janson

墙数: 4

级数: Phrased Low Intermediate



Sequence: A A B Tag A B B- A B B B-

#16 count intro, start dancing on lyrics
(Read: R=right foot, L=left foot)

PART A (16 counts)

VINE RIGHT HEEL JACK CROSS, VINE LEFT HEEL JACK CROSS

1-2 Step R to right, Cross L behind R
&3&4 Step R to right, Touch L heel diagonally forward, Step L next to R, Cross R over L
5-6 Step L to left, Cross R behind L
&7&8 Step L to left, Touch R heel diagonally forward, Step R next to L, Cross L over R

REVERSE PIVOT ¼ TURN, CROSSING SHUFFLE, STOMP, STOMP, STOMP, TOUCH

1-2 Step R to right, ¼ Turn left stepping L to left
3&4 Cross R over L, Step L slightly to left, Cross R over L
5-6-7-8 Stomp L slightly to left, Stomp R slightly to right, Stomp L in place, Touch R toes next to L
(9:00)

Option: Add a double clap on counts &8, OR double stomp on counts &8

PART B (32 counts)

SIDE SHUFFLES 4X MAKING ¾ TURN LEFT (COUNTERCLOCKWISE)

1&2 Step R to right, Step L next to R, Step R to right
3&4 ¼ Turn left stepping L to left, Step R next to L, Step L to left
5&6 ¼ Turn left stepping R to right, Step L next to R, Step R to right
7&8 ¼ Turn left stepping L to left, Step R next to L, Step L to left (3:00)

SWAYS, SIDE SHUFFLE, HEEL, TOES, HEEL, STEP

1-2 Sway hips right, Sway hips left
3&4 Step R to right, Step L next to R, Step R to right
5-6-7-8 Touch L heel forward, Touch L toes back, Touch L heel forward, Step L to left

Option: Counts 5-6-7 can be done on a diagonal (towards 4:30)

CROSS, SIDE, SAILOR STEP, CROSS, SIDE, SAILOR ¼ TURN

1-2 Cross R over L, Step L to left
3&4 Step R behind L, Step L to left, Step R next to L
5-6 Cross L over R, Step R to right
7&8 Cross L behind R turning ¼ left, Step R to right, Step L next to R

SHUFFLE FORWARD, MAMBO, COASTER, ROCK/RECOVER ¼ TURN CROSS

1&2 Step R forward, Step L next to R, Step R forward
3&4 Rock L forward, Recover to R, Step L back
5&6 Step R back, Step L next to R, Step R forward
7&8 Rock L forward, Recover to R turning ¼ right, Cross L over R (3:00)

PART B- (16 COUNTS)

On walls 6 and 10 dance only first 16 counts. On wall 6 continue with part A, on wall 10 add ending (strike a pose)

TAG (8 counts)

STEP TOUCHES 4X MAKING ½ TURN LEFT (COUNTERCLOCKWISE)

- 1-2 Step R to right, Touch L next to R
- 3-4 Step L to left turning 1/8 left, Touch R next to L
- 5-6 Step R to right turning ¼ left, Touch L next to R
- 7-8 Step L to left turning 1/8 left, Touch R next to L

Note: Don't worry about the exact turns; Simply do 4 alternating step touches starting to your right and keep turning left (counterclockwise) until you are facing the opposite wall (1/2 turn).

**ENDING: Dance will end during part B- on count 16. Last beat of the song is on count 17.
Strike a pose, you are facing the front wall.**
