

Good Vibes

拍数: 64 墙数: 4 级数: Phrased Easy Intermediate
编舞者: James Beatty (USA) - November 2023
音乐: Sunshine - OneRepublic



Intro 32 counts (dance begins on first verse: "Crazy Lately" are counts 1&2&)

A = 32 counts, B = 32 counts

Pattern: AABBAABBA, first half of B (16 counts), pause/tag/do nothing (about 4 counts), then one last B

(The last A, before the first half of B, happens on the verse that is sung twice as fast. "I don't know any other way to say this, can't slow down tryna keep up with the changes" is A1 of that wall.)

A1. STEP, POP, SAILOR STEP, ROCK RIGHT, RECOVER, BEHIND SIDE CROSS

1,2 Step RF to R, Hip bump (hip pop) to R

Low energy mode: Step RF to R, Hold

3&4 LF cross behind RF, Step RF to R, Step LF to L // (left foot sailor)

5,6 Rock RF to R, Recover L

7&8 Step RF cross behind L, Step LF to L, Step RF cross in front of LF // (behind side cross to left)

A2. ROCK LEFT, RECOVER, COASTER STEP, STEP, OUT, IN, HITCH

1,2 Rock LF to L, Recover R

3&4 Step back LF, Step back RF, Step forward LF // (coaster step)

5,6 Step forward RF, Pop RF ankle out at an angle

7,8 Pop RF ankle back in, Hitch RF

A3. STEP RIGHT, BOX SHUFFLE LEFT, BOX RIGHT, BOX SHUFFLE LEFT

1,2 Step RF to R, Hold

High energy mode: Slide RF to R and lean R, complete slide and shift weight R and stand up straight

3&4 (after ¼ L) Step LF to L, Step RF to L, Step LF to L // (box shuffle left)

5,6 (after ¼ L) Step RF to R, Hold

High energy mode: (after ¼ L) Slide RF to R and lean R, complete slide and shift weight R and stand up straight

7&8 (after ¼ L) Step LF to L, Step RF to L, Step LF to L // (box shuffle left)

A4. STEP HALF TURN, SHUFFLE, V STEP END WITH TOUCH

1,2 Step RF forward, ½ turn L weight on LF // (step half turn)

3&4 Step RF forward, step LF forward, step RF forward // (shuffle)

5,6 Step LF forward and a little to the left, step RF forward and a little to the right

7,8 Step LF back to previous position, Touch RF next to LF

B1. STEP, BACK, AND HEEL AND CROSS, STEP, BACK, AND HEEL AND CROSS // (VAUDEVILLE RIGHT/LEFT)

1,2& Step RF to R, Cross LF behind RF, Step RF to R of LF

3&4 Heel LF out, Step LF back, cross RF in front of LF

5,6& Step LF to L, Cross RF behind LF, Step LF to L of RF

7&8 Heel RF out, Step RF back, cross LF in front of RF

B2. STEP, BACK, AND CROSS AND HEEL (more a weave than a Vaudeville), HIP BUMP LEFT, HIP BUMP RIGHT

1,2& Step RF to R, Cross LF behind RF, Step RF to R of LF

3&4 Cross LF in front of RF, Step RF to R of LF, Heel LF out

5,6 Shift weight left, Hip bump left

High energy mode: Hip bump left, hip bump left

7,8 Shift weight right, Hip bump right

High energy mode: Hip bump right, hip bump right

B3. SHUFFLE LEFT, WALK, WALK, SHUFFLE STEP, ROCK, RECOVER

1&2 (after ¼ L) Step LF forward, step RF forward, step LF forward // (turn ¼ left and shuffle left foot first)

3,4 Step RF forward, Step LF forward // (walk walk)

5&6 Step RF forward, Step LF forward, step RF forward // (shuffle right foot first)

7,8 Rock LF forward, recover RF

B4. SHUFFLE ½ TURN LEFT, WALK, WALK, SKIP RIGHT, SKIP LEFT

1&2 ¼ L and Step LF to L, Step RF to touch LF, ¼ L and Step LF forward // (shuffle ½ turn left)

3,4 Step RF forward, Step LF forward // (walk walk)

5,6 Step RF forward, one-legged hop on RF // (skip right)

Low energy mode: Step RF forward, bounce on RF

7,8 Step LF forward, one-legged hop on LF // (skip left)

Low energy mode: Step LF forward, bounce on LF

High energy mode matches the vibe of the song more, low energy mode... uses less energy. =P

Have fun and enjoy those good vibes!
