

Vibe Check AB

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Dee Palmer (USA) - June 2024
音乐: Vibe Check - LÒNIS & Little League



Intro: 16 cts on the lyrics

No Tags/No Restarts

RIGHT HEEL BOUNCES, STEP ON CT 4; LEFT HEEL BOUNCES, STEP ON CT. 8

1-4 Wt. on LF, bounce R heel 3 times, step on RF on ct. 4

5-8 Wt. on RF, bounce L heel 3 times, step on LF on ct. 8

RF TO RIGHT FORWARD DIAGONAL, LF TOGETHER, BOUNCE HEELS TWICE; LF BACK TO LEFT DIAGONAL, RF TOGETHER, BOUNCE HEELS TWICE. (WT ON LF)

1-2 Step RF forward to right diagonal, LF together

3-4 Bounce heels twice (wt on RF)

5-6 Step LF back to left diagonal, RF together

7-8 Bounce heels twice (wt on LF)

VINE RIGHT; VINE LEFT 1/4 LEFT

1-4 RF to side, LF behind, RF to side, touch LF next to RF

5-8 LF to side, RF behind, step LF 1/4 left, touch R

RF FORWARD RIGHT DIAGONAL, TOUCH L, LF FORWARD LEFT DIAGONAL, TOUCH R; RF BACK RIGHT DIAGONAL, TOUCH L, LF BACK LEFT DIAGONAL, TOUCH R.

1-2 Step RF forward right diagonal, touch L

3-4 Step LF forward left diagonal, touch R

5-6 Step RF back right diagonal, touch L

7-8 Step LF back left diagonal, touch R

(OPTIONAL CLAPS ON THE TOUCHES)

REPEAT

Have fun with the dance! Absolute Beginner dancers can split the floor with Debbie Rushton's great Intermediate version of Vibe Check.

Contact: delia.palmer179@gmail.com