

Samoaan Vibes

拍数: 32 墙数: 1 级数: Improver
编舞者: Alice Price (UK) - January 2025
音乐: Oute Alofa Pea Mo Oe - Tasi Maligi



#4 count intro

Section one: walk, walk, rock forward and flick, walk back, walk back, lift knee, step back, recover

1,2,3,&,4 Walk LF forward, walk RF forward, rock LF forward and flick RF up behind, step back onto RF, LF next to RF
5,6,7,&,8 step back onto RF, step back onto LF, lift R knee up high, stepback onto RF, LF next to RF

Section 2: side step right, clap, double clap, flick, diagonal shuffle left, diagonal shuffle right

1,2,3,&,4,& step RF to right, LF next to right, clap once with arms pointing to the floor to the left slightly twisting your upper body to the left, clap hands above right shoulder twisting upper body slightly to the right, clap, flick LF up behind right leg slightly facing to the left
5,&,6,7,&,8 step LF forward diagonally left, bring RF next to LF, step LF forward, step RF diagonally forward to right, bring LF next to RF, step RF forward

Section 3: rock recover, shuffle half turn to left, v step with hands on the front of your thighs knees slightly bent

1,2,3,&,4 rock LF forward, recover onto RF, as you turn 1/4 to left step LF left, RF next to LF, step LF left turning 1/4 left
5,6,7,8 RF forward diagonally right, LF forward diagonally left, RF to centre, LF next to RF

Section 4: rock recover, shuffle half to right, stomp, heel bounce left, stomp, heel bounce right with your hands on the front of your thighs knees slightly bent

1,2,3,&,4 rock RF forward, recover onto LF, as you turn 1/4 to right step RF right, LF next to RF, step RF right turning 1/4 right
5,&,6,7,&,8 stomp LF forward diagonally, lift left heel, lower L heel, stomp RF diagonally to right, lift right heel, lower right heel

No restarts - No tags
