

Vibeology

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Debbie Diachuk (CAN) - August 2007
音乐: Vibeology - Paula Abdul



Or Music: Ladies Night by Atomic Kitten [Ladies Night]

WALK, WALK, FORWARD COASTER STEP, TURN ½, TURN ½, SAILOR STEP

1-2 Step right forward, step left forward
3&4 Step right forward, step left together, step right back
5-6 Turn ½ left and step left forward, turn ½ left and step right back
Styling: as you turn on count 6, sweep your left leg into the sailor step on count 7
7&8 Cross left behind right, step right to side, step left to side

KICK AND TOUCH, KICK AND TOUCH, ¼ TURN, ¼ TURN

1&2 Kick right forward, step right together, touch left to side
3&4 Kick left forward, step left together, touch right to side
5-6 Step right forward, turn ¼ left (weight to left)
Styling: make a circle motion with your hips as you turn
7-8 Step right forward, turn ¼ left (weight to left)
Styling: make a circle motion with your hips as you turn

BACK ROCK, SIDE TOGETHER TOUCH, CROSS, STEP BACK TURN ¼, STEP SIDE TOGETHER, TOUCH

1-2 Cross/rock right behind left, recover onto left
3&4 Step right to side, step left together, touch right to side
Styling: bend your left knee and extend your right leg when touching to the right side. At the same time, lift your hands straight up in the air reaching backwards
5-6 Cross right over left, turn ¼ right and step left back
7&8 Step right to side, step left together, touch right together

TURNING KICK-BALL CHANGE, TURNING KICK-BALL-CHANGE, SIDE TOUCHES, BUMP AND BUMP

1&2 Kick right forward, turn ¼ right and step right together, step left together
3&4 Kick right forward, turn ¼ right and step right together, step left together
5&6& Touch right to side, step right together, touch left to side, step left together
7&8 Touch right toe diagonally forward (bending your knee slightly) and bump hips left, right, left

REPEAT

RESTART: When dancing to Vibeology

Restart after count 16 on the 4th wall
Restart after count 24 on the 8th wall
Restart after count 8 on the 12th wall
Note: short walls are counted as a wall

TAG: When dancing to Ladies Night

After count 16 on wall 3, cross right behind left unwind TURN ¾ transferring your weight onto left (2 3 4), then restart (9:00 wall) (styling: execute a body roll while you unwind, then restart dance)

After count 16 on wall 8, restart (3:00 wall)

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