

My Vibe

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - October 2016
音樂: Vibe. - JoJo : (Album: Mad Love, Deluxe - iTunes)



Start.. 16 counts on vocals.

S1: Forward Rock & Forward Rock, Ball Back, Point, 1/4 Cross Shuffle.

- 1-2& Rock forward on Left, recover on Right, step Left next to Right.
3-4 Rock forward on Right , recover on Left.
&5-6 Step back on Right, step back on Left, point Right toe back.
7&8 Make 1/4 turn to Right cross stepping Right over Left, step Left to Left side, cross step Right over Left.(3.00)

S2: 1/4, 1/2, 1/4 Mambo, Point, 1/4, Rock & Cross.

- 1-2 Make 1/4 turn to Right stepping back on Left, make 1/2 turn to Right stepping forward on Right. (12.00)
3&4 Make 1/4 turn to Right rocking Left to Left side, recover on Right, step Left next to Right. (3.00)
5-6 Point Right toe to Right side, make 1/4 turn to Right stepping Right next to Left. (6.00)
7&8 Rock Left to Left side , recover on Right, cross step Left over Right.

S3: & Cross, Side, Back Rock, side, Behind. Side, Cross Rock, Recover, 1/4, 1/4.

- &1-2 Step Right to Right side, cross step Left over Right, step Right to Right side.
3&4 Cross rock Left behind Right, recover on Right, step Left to Left side.
5&6& cross step Right behind Left, step Left to Left side, cross rock Right over Left, recover on Left.
7-8 Make 1/4 turn to Right stepping forward on Right, make 1/4 turn Right stepping Left to Left side (hip width apart) (12.00)

S4: Lock Step back, 1/2 Shuffle, Step 1/2 Step, 1/2, 1/2.

- 1&2 Step back on Right, lock Left over Right, step back on Right.
3&4 Make 1/4 turn to Left stepping Left to Left side, step right next to Left, make 1/4 turn to Left stepping Left forward. (6.00)
5&6 Step forward on Right, pivot 1/2 turn to Left, step forward on Right.
7-8 Make 1/2 turn to Right stepping back on Left, make 1/2 turn to Right stepping forward on Right. (12.00)

S5: Step, Cross, Side, Behind, Behind, Side, Forward (1/4 Circle), Step, 1/2, Lock Step Back.

- 1-2&3 Step forward on Left, cross step Right over Left making 1/8 turn to Right, step Left slightly back, step back on Right,(1.30)
4&5 Step back on Left, make 1/8 turn to Right stepping Right to Right side, step forward on Left. (1/4 circle movement). (3.00)
6-7 Step forward on Right, make 1/2 turn to Right stepping back on Left.
8&1 Step back on Right, lock Left over Right, step back on Right.

S6: Rock Back, Recover, Step, Step, Cross, Side, Back, Behind, Side, Forward (1/4 Circle)

- 2&3 Rock back on Left, recover on Right, step forward on Left.
4 Step forward on Right. (Sweeping Left)
5&6 Cross step Left over Right making 1/8 turn to Left, step Right to Right side & slightly back, step back on Left. (7.30)
7&8 Cross step Right behind Left and slightly back, make 1/8 turn to Left stepping Left to Left side, step forward on Right.(6.00)(1/4 Circle)

Start Again :)

Tag: at end of Wall 4

Step, 1/2 Pivot, Step, 1/2 Pivot.

1-2 Step forward on Left, 1/2 pivot to Right.

3-4 Step forward on Left, 1/2 pivot to Right.
