

# Get The Vibe

COPPERKNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Nathan Gardiner (SCO) - June 2017  
音樂: No Lie (feat. Dua Lipa) - Sean Paul



Intro: 16 counts

## S1: Cross, ¼ R, Step Back, Behind, ¼ R, Step Forward X2

1&2      Cross R over L, ¼ R stepping back on L, Step back on R  
3&4      Step L behind R, ¼ R stepping forward on R, Step forward on L  
5&6      Cross R over L, ¼ R stepping back on L. Step back on R  
7&8      Step L behind R, ¼ R stepping forward on R, Step forward on L

## S2: Side, Rock Back, Recover R & L, Side Rock, Recover, Behind Side Cross

1-2&      Step R to R side, Rock back on L, Recover on R  
3-4&      Step L to L side, Rock back on R, Recover on L  
5-6      Rock out to R side, Recover on L  
7&8      Step R behind L, Step L to L side, Cross R over L

## S3: Side L, Touch, Side R, Touch, ½ Rumba Box, Rock Forward, Recover, R Lock Step

1&2&      Step L to L side, Touch R next to L, Step R to R side, Touch L next to R  
3&4      Step L to L side, Step R next to L, Step forward on L  
5-6      Rock forward on R, Recover on L  
7&8      Step back on R, Lock L in front of R, Step back on R

## S4: L Lock Step, Rock Back, Recover, Step Pivot ½ L X2

1&2      Step back on L, Lock R in front of L, Step back on L  
3-4      Rock back on R, Recover on L  
5-6      Step forward on R, Pivot ½ L  
7-8      Step forward on R, Pivot ½ L

## S5: Walk Forward R & L, Mambo Step, Coaster Step, R Lock Step

1-2      Step forward on R, Step forward on L  
3&4      Rock forward on R, Recover on L, Step back on R  
5&6      Step back on L, Step R next to L, Step forward on L  
7&8      Step forward on R, Lock L behind R, Step forward on R

## S6: Side Rock, Recover, Cross Shuffle, Point, ¼ L, Point, ¼ L, Point & Point

1-2      Rock out to L side, Recover on R  
3&4      Cross L over R, Step R to R side, Cross L over R  
5&6&      Point R to R side, ¼ L stepping R next to L, Point L to L side, ¼ L stepping L next to R  
7&8      Point R to R side, Step R next to L, Point L to L side

## S7: Rock Back, Recover, Point, Behind Side Cross, ¼ LX2, Mambo Step with Knee Pop

1&2      Rock back on L, Recover on R, Point L to L side  
3&4      Step L behind R, Step R to R side, Cross L over R  
5-6      ¼ L stepping back on R, ¼ L stepping L to L side  
7&8      Rock forward on R, Recover on L, Step back on R popping L knee forward

## S8: Cross Samba L & R, Rock Forward, Recover, Ball, Step Pivot ½ L

1&2      Cross L over R, Rock out to R side, Recover on L  
3&4      Cross R over L, Rock out to L side, Recover on R

5-6&            Rock forward on L, Recover on R, Step L next to R  
7-8              Step forward on R, Pivot ½ L

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