

Get The Vibe

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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