

Them Good Vibes

拍數: 32 牆數: 2 級數: Beginner
編舞者: Noreen Wall (UK) - April 2020
音樂: Good Vibes - Chris Janson



Alternative Track "Normal People" By Chris Janson (No Tag Or Restart)

S1) RIGHT SIDE TOGETHER, RIGHT CHASSIE, CROSS ROCK, SHUFFLE ¼ TURN LEFT (9 O'CLOCK)

1-2 (1) step right side (2) replace left beside right
3&4 (3) step right to right side (&) step left beside right (4) step right to right side.
5-6 (5) cross rock left foot over right foot (6) recover weight back on right foot.
7&8 make a shuffle ¼ turn left to face 9 o'clock left (7) step left (&) right behind left (8) recover left foot.

S2) LEFT CROSS SAMBA STEP, RIGHT CROSS SAMBA STEP, JAZZ BOX WITH A CROSS.

1&2 (1) cross right foot over left (&) step left to left side (2) replace weight on right foot.
3&4 (1) cross left foot over right (&) step right to right side (4) replace weight on left foot.
5-6 Jazz box. (5) cross right foot over left (6) step back on left foot
7-8 (7) step right beside left foot (8) cross left foot over right foot.

S3) RIGHT SIDE ROCK STEP, BEHIND SIDE CROSS, LEFT SIDE ROCK STEP, LEFT COASTER STEP BACK

1-2 (1) rock out to right side on right foot (2) replace weight on to left foot.
3&4 cross right foot behind left foot (&) step left to left side (4) cross right foot in front of left foot.
5-6 (5) rock out to left on to left foot (&) recover weight on right foot
7&8 (7) step back on left foot (&) step right foot next to left (8) step forward on to left foot.

S4) ROCK FORWARD RIGHT FOOT MAKE A ½ SHUFFLE TURN RIGHT TO FACE 3 O'CLOCK, MAKE A ROCK ¼ TURN RIGHT TO FACE 6 O'CLOCK, LEFT CROSS ROCK RECOVER, TOUCH RIGHT NEXT TO LEFT.

1-2 rock forward on right foot (2) recover weight on left foot
3&4 make a shuffle ½ turn over your right shoulder to face 3 o'clock (3) step right (&) step left foot behind right (4) step forward right foot (face 3 o'clock)
5-6 (5) rock forward left foot make a ¼ turn right to face 6 o'clock (6) recover weight on to right foot
7&8& (7) cross rock left foot over right (&) recover back on to right foot (8)step left next to right (&) touch right toe next to left foot.

TAG AND RESTART ON WALL 3. DANCE

First 6 Counts R Side Together, Right Chassie, Cross Rock Left Foot Over Right Recover Right (Dont Do ¼ Turn Left Stay Facing 12 O'clock) Tag Do A Left Chassie (1) Step Left To L Side (&) Step Right Beside Left (2) Step Left To L Side (&) Touch Right Toe Beside Left And Restart The Dance.

Last Update – 16 April 2020