

The Vibe

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Tim Johnson (UK) - May 2020
音樂: Vibe - Mullally



Count In: Dance begins after 32 counts

Notes: Tag after walls 1,3 & 6 (you will do the tag facing 3o'clock, 9 o'clock & 6 o'clock)

[1 – 8] Walk R,L, Anchor step, ¼, ½, Weave with a sweep

- 1-2 1) Walk forward R, 2) Walk forward L
3 & 4 3) Step R behind L, &) Step L in place, 4) Step back on R
5-6 5) Making a ¼ turn over left shoulder step L to left side, 6) Making a ½ turn over left shoulder step R to right side (end facing 3'o clock)
7 & 8 7) Travelling to the right, step L behind R, &) Step R to right side, 8) Step L in front of right, whilst sweeping R from back to front

[9 – 16] Cross R, ¼, ¼ R chasse, cross L, ¼, L coaster

- 1-2 1) Step R over L, 2) Making a ¼ turn right, step back on L (end facing 6'o clock)
3 & 4 3) Making a ¼ turn right, step R to right side, &) Step L next to R, 4) Step R to right side (end facing 9'o clock)
5-6 5) Step L over R, 6) Making a ¼ turn to the left, step back on R (end facing 6'o clock)
7 & 8 7) Step L back, &) Step R next to L, 8) Step L forward

[17 – 24] ½ shuffle x2, R mambo step back, walk back L,R (toe fans)

- 1 & 2 1) Travelling Forwards, Making a ¼ turn over left shoulder, step R to right side, &) Step L next to R, 2) Making another ¼ turn over left shoulder, step back on R
3 & 4 3) Making a ¼ turn over left shoulder, step L to left side, &) step R next to L, 4) Making another ¼ turn over left shoulder, step forward on L
5 & 6 5) Rock forward R, &) Recover weight onto L, 6) Step back on R, fanning L toes to left side keeping L heel on the floor
7-8 7) Step back on L, fanning R toes to right side keeping R heel on the floor, 8) Step back on R, fanning L toes to left side keeping L heel on the floor

[25 – 32] Weave, R rock & cross, ¼, ½, L mambo together

- 1 & 2 1) Travelling to the right, step L behind R, &) Step R to right side, 2) Cross L over R
3 & 4 3) Rock R to right side, &) recover weight L, 4) Cross R over L
5-6 5) Making a ¼ turn over the right shoulder, step back on L, 6) Making a ½ turn over the right shoulder, step forward on R
7 & 8 7) Rock forward on L, &) Recover weight onto R, 8) Step L in place (end facing 3'o clock)

TAG

[1-8] Step R diagonally across L, Step L diagonally across R, & behind, unwind

- 1-2 Over 2 counts & angling body to 10:30, slow step R over L
3-4 Over 2 counts & angling body to 1:30, slow step L over R
& 5 Step R forward squaring up to 12'o clock (&) lock L behind R (5)
6-7-8 Over 3 counts, unwind a full turn over the left, should ending with weight on L.

Contact: Timbo_84@hotmail.com