

Good Vibes Only!

拍數: 32 牆數: 4 級數: High Beginner
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音樂: Good Vibes - HRVY & Matoma



Intro: 32 counts, start dancing on the word "parade". No tags, no restarts.

Step, ½ Turn, Step, ½ Turn, Rock, Recover, ½ Turn Shuffle

1-2 Step forward on left foot, pivot ½ turn right
3-4 Step forward on left foot, pivot ½ turn right
5-6 Rock forward on left foot, recover weight back to right foot
7&8 Pivot ¼ turn left stepping left foot to left side, step right foot next to left, pivot ¼ turn left stepping forward on left foot

(Beginners can take out the first 4 counts by simply doing a rocking chair)

Step, ½ Turn, Step, ½ Turn, Rock, Recover, ½ Turn Shuffle

1-2 Step forward on right foot, pivot ½ turn left
3-4 Step forward on right foot, pivot ½ turn left
5-6 Rock forward on right foot, recover weight back to left foot
7&8 Pivot ¼ turn right stepping right foot to right side, step left foot next to right, pivot ¼ turn right stepping forward on right foot

(Beginners can take out the first 4 counts by simply doing a rocking chair)

Cross, Step, Left Sailor Step, Jazz Box w/ ¼ Turn Right

1-2 Cross step left foot over right, step right foot to right side
3&4 Step left foot behind right, step right foot to right side, step left foot to left side
5-8 Cross step right over left, step back on left foot, pivot ¼ turn right stepping right foot to right side, cross step left foot over right

Side Rock, Recover, Left Weave, Full Turn Walk Around

1-2 Rock right foot to right side, recover weight back to left foot
3&4 Step right foot behind left, step left foot to left side, cross step right over left
5-8 Pivot ¼ turn left stepping forward on left foot, pivot ¼ turn left stepping forward on right foot, pivot ¼ turn left stepping forward on left foot, pivot ¼ turn left stepping forward on right foot

Restart and remember to always have Good Vibes!

Last Update - 15 Mar 2022