A Little Vibe

拍數: 32

級數: Beginner

編舞者: Carol Cotherman (USA) - February 2023

音樂: Vibe - Mullally

This dance was choreographed by request for a beginner dance to be used as a floor split with Tim Johnson's intermediate dance, The Vibe. I tried to create a very basic dance that, with some added styling, compliments the music. Sorry, but you just need the three Tags!

#32-count intro. 8-Count Tag on Walls 1, 3, & 6. (3:00, 9:00, 6:00)

Walk, Walk, Walk, Touch, Back, Back, Back, Touch

- 1-2 Step right forward, step left forward
- 3-4 Step right forward, touch left toe forward
- 5-6 Step left back, step right back,
- 7-8 Step left back, touch right back

*Add styling to your forward walks... maybe some shoulder movement... slightly prissy perhaps!

Step, Touch, Back, Touch, ¼ Jazz Box Cross

- 1-2 Step right forward, touch left forward slightly in front of right
- 3-4 Step left back, touch right back slightly behind left
- 5-6 Step right over left, step left back beginning ¹/₄ turn right
- 7-8 Finish ¼ turn right stepping right to side, step left over right (3:00)

Rock with a Sway, Recover with a Sway, Triple Step, Rock with a Sway, Recover with a Sway, Triple Step

- 1-2 Step/Rock right to side swaying hips, recover to left swaying hips
- 3&4 Step right in place, step left in place, step right in place
- 5-6 Step/Rock left to side swaying hips, recover to right swaying hips
- 7&8 Step left in place, step right in place, step left in place

*Add hip movement when you triple in place on counts 19&20 and 23&24.

Rock, Recover, Shuffle Back, Rock, Recover, Shuffle Forward

- 1-2 Rock right forward, recover to left
- 3&4 Step right back, step left by right, step right back
- 5-6 Rock left back, recover to right
- 7&8 Step left forward, step right by left, step left forward

Repeat and Enjoy the Music!

*Turning option for counts 25-32:

Step, ½ Pivot, ½ Turning Triple, Rock, Recover, Shuffle Forward

- 1-2 Step right forward, pivot ½ left taking weight to left
- 3&4 ¹/₂ Turn left stepping right, left, right
- 5-6 Rock left back, recover to right
- 7&8 Step left forward, step right by left, step left forward

Tag on Walls 1, 3, & 6:

Cross, Hold, Cross, Hold, Jazz Box

- 1-2 Cross/Step right over left, hold
- 3-4 Cross/Step left over right, hold
- 5-6 Step right over left, step left back
- 7-8 Step right in place, step left slightly forward





牆數:4