

South African Vibe

拍數: 64 牆數: 4 級數: Phrased Improver
編舞者: Alexis Strong (UK) - February 2025
音樂: We're Going Up And Down - MrWillB Da Ballies South Africa : (From
www.bandcamp.com)



#16 Count Intro

Sequence: AAAA BB AA BB AA BBBB End Facing 12:00 Stomp Fwd R.

A BIG THANK YOU TO MICHELLE & ERIC FOR SUGGESTING THE MUSIC

Part A (Verse)

[1-8] R SIDE CLOSE, R CHASSE, L JAZZBOX CROSS.

1-2 Step R To R (1) Close L To R (2)
3&4 Step R To R (3) Close L To R (&) Step R To R (4)
5-6 Cross L Over R (5) Step Back On R (6)
7-8 Step L To L (7) Cross R Over L (8) (Roll Arms On Jazzbox)

[9-16] L SIDE CLOSE, CHASSE L, R JAZZBOX CROSS.

1-2 Step L To L (1) Close R To L (2)
3&4 Step L To L (3) Close R To L (&) Step L To L (4)
5-6 Cross R Over L (5) Step Back On L (6)
7-8 Step R To R (7) Cross L Over R (8)

[17-24] R STEP LOCK, FWD R SHUFFLE, L STEP LOCK, FWD L SHUFFLE .

1-2 Step Fwd R (1) Lock L Behind R (2)
3&4 Step Fwd On R (3) Close L To R (&) Step Fwd On R (4)
5-6 Step Fwd On L (5) Lock R Behind L (6)
7&8 Step Fwd On L (7) Close R To L (&) Step Fwd On L (8)

[25-32] R ROCK CHAIR, 3/4 R WALK RLRL. 9:00

1-2 Rock R Fwd (1) Recover On L (2)
3-4 Rock R Back (4) Recover On R (4)
5-6 3 /4 Turn R, Walk R (5) Walk L (6)
7-8 Walk R (7) Walk L (8) 9:00

Part B (Chorus)

[1-8] X2 V-STEP (X2 Arms Up x2 Arms Down)

1-2 Step Fwd R- R Arm Up (1) Step Fwd L- L Arm Up (2)
3-4 Step Back R- R Arm Down (3) Step Back L- L Arm Down (4)

Repeat 1-4

[9-16] R 1/4 JAZZBOX CROSS, POINT R STEP, POINT L STEP.

1-2 Cross R Over L (1) Step Back On L (2)
3-4 Make 1/4 Turn R, Step On R (3) Cross L Over R (4) 3:00
5-6 Point R To R (5) Step On R (6)
7-8 Point L To L (7) Step On L (8)

[17-24] V-STEP, V-STEP TOUCH (X2 Arms Up x2 Arms Down)

1-2 Step Fwd R- R Arm Up (1) Step Fwd L- L Arm Up (2)
3-4 Step Back R- R Arm Down (3) Step Back L- L Arm Down (4)
5-6 Step Fwd R- R Arm Up (5) Step Fwd L- L Arm Up (6)

7-8 Step Back R- R Arm Down (7) Touch L To R - L Arm Down (8)

[25-32] ROLLING GRAPEVINE TOUCH R, 1/4 MONTEREY TOUCH.

1-2 Rolling Grapevine L, Step L (1) Step R (2)

3-4 Step L (3) Touch R To L (4)

5-6 Point R To R (5) Making 1/4 Turn R, Step On R (6)

7-8 Point L To L (7) Step On L (8) 6:00

Enjoy

Last Update - 20 Feb. 2025 - R1
