

# Good Vibes

拍數: 48      牆數: 4      級數: Improver two step  
編舞者: Ingemar Kardeskog (SWE)  
音樂: Sunshine Reggae - Laid Back



## WALK, WALK, SIDE, TOUCH, SHUFFLE ½ TURN, KICK BALL STEP, STEP

1-2      Walk left, walk right  
3-4      Step left to left side, touch right beside left  
5&6      Turn ¼ stepping right to right side, close left beside right, turn ¼ right stepping right forward  
7&8      Kick left forward, close left beside right, turn ¼ right stepping right forward (cross left)

## SIDE, ROCK, CROSS SHUFFLE ¼ TURN RIGHT & HITCH, TURN & HITCH, TURN & HITCH, COASTER STEP

1-2      Rock left to left side, recover onto right  
3&4&      Cross left over right, step right to right side, cross left over right turning ¼ right, hitch right knee  
5&      Turn ¼ right stepping right forward, hitch left knee  
6&      Turn ¼ right stepping back on left, hitch right knee  
7&8      Step right back, close left beside right, step right forward

## DIAGONAL STEP, TOUCH X2, &JUMP, JUMP, SWIVEL TURN X3

1-2      Long diagonal step to left, touch right beside left  
3-4      Long diagonal step to right, touch left beside right  
&5      Jump left back, jump right back to right side  
&6      Jump left slightly forward, jump right forward in front of left  
7&8      Swivel both heels right turning ½ left, swivel both heels left turning ½ right, swivel both heels right turning ¼ left weight onto right (facing 3:00)

## SAILOR ¼ TURN, ROCK & CROSS, ROCK & CROSS, SIDE, BEHIND

1&2      Sweep left behind right turning ¼ left, close right beside left, step left slightly forward  
3&4      Rock right to right side, recover to left, cross right over left  
5&6      Rock left to left side, recover to right, cross left over right  
7-8      Step right to right side, cross left behind right

## POINT & POINT, SAILOR ¼ TURN, POINT, HOLD & BALL STEP, STEP

1&2      Point right to right side, point right forward, point right to right side  
3&4      Sweep right turning ¼ right behind left, close left beside right, step right slightly forward  
5-6      Point left forward, hold  
&7-8      Close left beside right, step right forward, step left forward

## STEP ½ TURN, TURN ¼ RIGHT SIDE, HOLD & BALL SIDE STEP, SIDE, STEP ¼ TURN, SWAY X3

1-2      Step right forward, turn ½ left stepping forward on left  
3-4&      Turn ¼ left stepping right to right side, hold, close left beside right  
5-6      Step right to right side, step left forward turning ¼ right  
7&8      Step right forward swaying to right, sway left, sway right taking weight onto right

## REPEAT