

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