

# Vibeology

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Debbie Diachuk (CAN) - August 2007  
音樂: Vibeology - Paula Abdul



Or Music: Ladies Night by Atomic Kitten [Ladies Night]

## WALK, WALK, FORWARD COASTER STEP, TURN ½, TURN ½, SAILOR STEP

1-2      Step right forward, step left forward  
3&4      Step right forward, step left together, step right back  
5-6      Turn ½ left and step left forward, turn ½ left and step right back  
Styling: as you turn on count 6, sweep your left leg into the sailor step on count 7  
7&8      Cross left behind right, step right to side, step left to side

## KICK AND TOUCH, KICK AND TOUCH, ¼ TURN, ¼ TURN

1&2      Kick right forward, step right together, touch left to side  
3&4      Kick left forward, step left together, touch right to side  
5-6      Step right forward, turn ¼ left (weight to left)  
Styling: make a circle motion with your hips as you turn  
7-8      Step right forward, turn ¼ left (weight to left)  
Styling: make a circle motion with your hips as you turn

## BACK ROCK, SIDE TOGETHER TOUCH, CROSS, STEP BACK TURN ¼, STEP SIDE TOGETHER, TOUCH

1-2      Cross/rock right behind left, recover onto left  
3&4      Step right to side, step left together, touch right to side  
Styling: bend your left knee and extend your right leg when touching to the right side. At the same time, lift your hands straight up in the air reaching backwards  
5-6      Cross right over left, turn ¼ right and step left back  
7&8      Step right to side, step left together, touch right together

## TURNING KICK-BALL CHANGE, TURNING KICK-BALL-CHANGE, SIDE TOUCHES, BUMP AND BUMP

1&2      Kick right forward, turn ¼ right and step right together, step left together  
3&4      Kick right forward, turn ¼ right and step right together, step left together  
5&6&      Touch right to side, step right together, touch left to side, step left together  
7&8      Touch right toe diagonally forward (bending your knee slightly) and bump hips left, right, left

## REPEAT

### RESTART: When dancing to Vibeology

Restart after count 16 on the 4th wall  
Restart after count 24 on the 8th wall  
Restart after count 8 on the 12th wall  
Note: short walls are counted as a wall

### TAG: When dancing to Ladies Night

After count 16 on wall 3, cross right behind left unwind TURN ¾ transferring your weight onto left (2 3 4), then restart (9:00 wall) (styling: execute a body roll while you unwind, then restart dance)

After count 16 on wall 8, restart (3:00 wall)

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