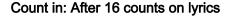
Vibe Check

Compte: 32

Niveau: Intermediate

Chorégraphe: Debbie Rushton (UK) - May 2024

Musique: Vibe Check - LONIS & Little League



WALK WALK & ROCK STEP, STEP ½ TURN, SHUFFLE ½ TURN

- Walk forward R. Walk forward L 12
- &34 Rock R out to R side, Recover weight onto L, Step R forward
- 56 Step L forward, Pivot 1/2 turn R taking weight onto R
- 7&8 Shuffle ¹/₂ turn over R shoulder ending with weight back on L

1/4 TURN SIDE ROCK, BEHIND SIDE CROSS, POINT & POINT, SAILOR 1/4 TURN

- Making ¼ turn R rock R out to R side (swing both arms down by your sides and shout 12 WOOO!), Recover onto L foot
- 3&4 Cross R behind L, Step L to L side, Cross R over L
- 5&6 Point L out to L side, Step L beside R, Point R out to R side
- 7&8 Cross R behind L, Step L beside R making ¼ turn R, Step R forward (prep to turn L)

1/4 TURN LUNGE, 1/4 TURN RECOVER, 1/4 TURN SIDE TOUCH BEHIND, FULL TURN SIDE SHUFFLE

- Make ¹/₄ turn L rocking L to L side (head looks over L shoulder), Make ¹/₄ turn R stepping R in 12 place
- 34 Make ¹/₄ turn R stepping L to L side, Touch R behind L (turn head to look L)
- 56 Make ¹/₄ turn R stepping R forward, Make ¹/₂ turn R stepping L back
- 7&8 Make ¼ turn R stepping R to R side, Step L beside R, Step R to R side (roll hands around each other at R shoulder height for counts 7&8)

OUT OUT, L SIDE SHUFFLE, SLOW PIVOT 3/8 TURN, FLICK

- Step L to L side pushing L hip out and rolling hands around each other at L hip height. Step R 12 to R side pushing R hip out and rolling hands around each other at R hip height
- 3&4 Step L to L side, Step R beside L, Step L to L side (roll hands around each other at L shoulder height for counts 3&4)
- 567 Step R forward and make a slow ½ pivot turn over L shoulder over counts 5,6,7 (arms out to side, knees bent) weight stays back on R (lyrics 'VIIIIIIBE')
- 8 Hop weight forward onto L whilst flicking R foot up behind you (lyrics 'CHECK')

NO TAGS NO RESTARTS!!!! YOU'RE WELCOME!! □





Mur: 4