

Vibe Check

Count: 32 **Wall:** 4 **Level:** Intermediate

Choreographer: Debbie Rushton (UK) - May 2024

Music: Vibe Check - LÒNIS & Little League



Count in: After 16 counts on lyrics

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

- 1 2 Walk forward R, Walk forward L
&3 4 Rock R out to R side, Recover weight onto L, Step R forward
5 6 Step L forward, Pivot ½ turn R taking weight onto R
7&8 Shuffle ½ turn over R shoulder ending with weight back on L

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

- 1 2 Making ¼ turn R rock R out to R side (swing both arms down by your sides and shout 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)

¼ TURN LUNGE, ¼ TURN RECOVER, ¼ TURN SIDE TOUCH BEHIND, FULL TURN SIDE SHUFFLE

- 1 2 Make ¼ turn L rocking L to L side (head looks over L shoulder), Make ¼ turn R stepping R in place
3 4 Make ¼ turn R stepping L to L side, Touch R behind L (turn head to look L)
5 6 Make ¼ turn R stepping R forward, Make ½ 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

- 1 2 Step L to L side pushing L hip out and rolling hands around each other at L hip height, Step R 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)
5 6 7 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 'VIIIIIIIBE')
8 Hop weight forward onto L whilst flicking R foot up behind you (lyrics 'CHECK')

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