

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

Choreographer: Debbie Diachuk (Aug 07)

Music: Vibeology by Paula Abdul

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

WALK, WALK, FORWARD COASTER STEP, TURN $\frac{1}{2}$, TURN $\frac{1}{2}$, SAILOR STEP

1-2 Step right forward, step left forward

3&4 Step right forward, step left together, step right back

5-6 Turn $\frac{1}{2}$ left and step left forward, turn $\frac{1}{2}$ 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, $\frac{1}{4}$ TURN, $\frac{1}{4}$ 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 $\frac{1}{4}$ left (weight to left)

Styling: make a circle motion with your hips as you turn

7-8 Step right forward, turn $\frac{1}{4}$ left (weight to left)

Styling: make a circle motion with your hips as you turn

BACK ROCK, SIDE TOGETHER TOUCH, CROSS, STEP BACK TURN $\frac{1}{4}$, 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 $\frac{1}{4}$ 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 $\frac{1}{4}$ right and step right together, step left together

3&4 Kick right forward, turn $\frac{1}{4}$ 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 $\frac{3}{4}$ 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) EMail