

Good Vibes Good Life

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Count: 48

Wall: 4

Level: Phrased Low Intermediate

Choreographer: Hana Ries (May 2019)

Music: Good Vibes by Chris Janson

Sequence: A A B Tag A B B- A B B B-

#16 count intro, start dancing on lyrics

(Read: R=right foot, L=left foot)

PART A (16 counts)

VINE RIGHT HEEL JACK CROSS, VINE LEFT HEEL JACK CROSS

- 1-2** Step R to right, Cross L behind R
- &3&4** Step R to right, Touch L heel diagonally forward, Step L next to R, Cross R over L
- 5-6** Step L to left, Cross R behind L
- &7&8** Step L to left, Touch R heel diagonally forward, Step R next to L, Cross L over R

REVERSE PIVOT $\frac{1}{4}$ TURN, CROSSING SHUFFLE, STOMP, STOMP, STOMP, TOUCH

- 1-2** Step R to right, $\frac{1}{4}$ Turn left stepping L to left
- 3&4** Cross R over L, Step L slightly to left, Cross R over L
- 5-6-7-8** Stomp L slightly to left, Stomp R slightly to right, Stomp L in place, Touch R toes next to L (9:00)

Option: Add a double clap on counts &8, OR double stomp on counts &8

PART B (32 counts)

SIDE SHUFFLES 4X MAKING $\frac{3}{4}$ TURN LEFT (COUNTERCLOCKWISE)

- 1&2** Step R to right, Step L next to R, Step R to right
- 3&4 $\frac{1}{4}$** Turn left stepping L to left, Step R next to L, Step L to left
- 5&6 $\frac{1}{4}$** Turn left stepping R to right, Step L next to R, Step R to right
- 7&8 $\frac{1}{4}$** Turn left stepping L to left, Step R next to L, Step L to left (3:00)

SWAYS, SIDE SHUFFLE, HEEL, TOES, HEEL, STEP

- 1-2 Sway hips right, Sway hips left
- 3&4 Step R to right, Step L next to R, Step R to right
- 5-6-7-8 Touch L heel forward, Touch L toes back, Touch L heel forward, Step L to left

Option: Counts 5-6-7 can be done on a diagonal (towards 4:30)

CROSS, SIDE, SAILOR STEP, CROSS, SIDE, SAILOR ¼ TURN

- 1-2 Cross R over L, Step L to left
- 3&4 Step R behind L, Step L to left, Step R next to L
- 5-6 Cross L over R, Step R to right
- 7&8 Cross L behind R turning ¼ left, Step R to right, Step L next to R

SHUFFLE FORWARD, MAMBO, COASTER, ROCK/RECOVER ¼ TURN CROSS

- 1&2 Step R forward, Step L next to R, Step R forward
- 3&4 Rock L forward, Recover to R, Step L back
- 5&6 Step R back, Step L next to R, Step R forward
- 7&8 Rock L forward, Recover to R turning ¼ right, Cross L over R (3:00)

PART B- (16 COUNTS)

On walls 6 and 10 dance only first 16 counts. On wall 6 continue with part A, on wall 10 add ending (strike a pose)

TAG (8 counts)

STEP TOUCHES 4X MAKING ½ TURN LEFT (COUNTERCLOCKWISE)

- 1-2 Step R to right, Touch L next to R
- 3-4 Step L to left turning 1/8 left, Touch R next to L
- 5-6 Step R to right turning ¼ left, Touch L next to R
- 7-8 Step L to left turning 1/8 left, Touch R next to L

Note: Don't worry about the exact turns; Simply do 4 alternating step touches starting to your right and keep turning left (counterclockwise) until you are facing the opposite wall (1/2 turn).

ENDING: Dance will end during part B- on count 16. Last beat of the song is on count 17.

Strike a pose, you are facing the front wall.

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=133219