

# Good Vibration

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**Count:** 68                      **Wall:** 2                      **Level:** Phrased Advanced

**Choreographer:** Rebecca Lee (MY) & Jean-Pierre Madge (CH) May 2018

**Music:** Sweet Sensation by FloRida

## Section: A-A-B-A-A-B-A-A-B-B

### Part A: 32 counts

#### Section A1: Kick Step Lock Step, Kick Step Lock Step, $\frac{1}{4}$ Rock, Recover kick, Coaster Step.

**1&2&**       Kick R to R diagonal (1), Step R to R diagonal (&), Lock L behind R (2), Step R to R diagonal (&),

**3&4&**       Kick L to L diagonal (1), Step L to L diagonal (&), Lock R behind L (2), Step L to L diagonal (&),

**5-6 $\frac{1}{4}$  R Rock R forward (5), Recover on L as you recover, Kick R forward (6),**

**7&8**       Step R behind (7), Step L next R (&), Step R forward (8).

#### Section A2: Step Touch, Step, Touch, $\frac{1}{4}$ Step Chest Pop, and Rock Recover, Behind Side Step $\frac{1}{4}$ .

**1&2**       Step L to L diagonal (1), Touch R next L (&), Step R to R diagonal (2), Touch L next to R (&),

**3&4 $\frac{1}{4}$  R Step L to L (3), Pop chest out (&), Pop chest in (4),**

**&5-6**       Bring R next L (&), Rock L to L (5), Recover on R (6),

**7&8**       Cross L behind R (7),  $\frac{1}{4}$  R Step R forward (&), Step L forward (8).

#### Section A3: Out-Out, Kick Kick, Jazz box and Cross Shuffle.

**1-2**       Step R out to R diagonal (1), Step L out to L diagonal (2),

**3-4**       Kick R forward (3), Kick R Behind (4),

**5-6**       Cross R over L (5),  $\frac{1}{4}$  R Step L back (6),

**&7&8**       Step R to R (&), Cross L over R (7), Step R to R (&), Cross L over R (8).

#### Section A4: And Heel, Hold and Cross and Heel and Cross $\frac{1}{2}$ R Big Step Side Together.

**&1-2**       Step R to R (&), L heel to L diagonal (1), Hold (2),

- &3&4&** Step L next R (&), Cross R over L (3), Step L to L (&), R Heel to R diagonal (4), Bring R next L (&),
- 5-6** Cross L over R (5) Unwind  $\frac{1}{2}$  R weight is on L (6)
- 7-8** Big Step R to (7), Bring L next R with weight (8).

## **Part B: 36 counts**

### **Section B1: Out-Out, Hands Up, Down, Waves & Slide.**

- 1-2** Step R Out to R diagonal (1), Step L Out to L diagonal (2),
- 3-4** Bring both hands in front of your head, Fingers are pointing Up, there is a small space between them like you are holding an invisible box(3), Bring the box in front of your hips, fingers are now pointing the floor, head down (4),
- 5-6** Move both arms to the R trying to make a wave (5), Move both arms to the L trying to make a wave (6),
- 7&8** Move both arms to R(7),L(&),R(8) on count 8 big slide to R side

### **Section B2: Lock, Full turn, Big Step, Ball Cross, Kick Ball Cross.**

- 1-2-3** Lock L behind R (1), Unwind full turn L (2-3) weight is on L
- 4-5** Big Step R back (4), Drag L next R (5),
- &6** Step L next R (&), Cross R over L (6) body is facing 1:30
- 7&8** Kick L forward (7), Step L next R (&), Cross R over L (8) body is facing 1:30

### **Section B3: Step Heel Bounce, Back Heel Bounce and Touch and Touch, Back Heel Bounce.**

- 1&2** Body is still facing 1:30, Step L forward (1), Bounce Heels up (&) Bounce Heels down (2),
- 3&4** Step L back, body is facing 11:30 (3), Bounce Heels up (&), Bounce Heels down (4),
- &5&6** Step R back (&), Touch L forward (5), Step L back (&), Touch R forward (6),
- 7&8** Step R back body facing 1:30 (7), Bounce Heels up (&), Bounce Heels down (8) weight is on R

### **Section B4: Ball Step, Step, Out-Out, Clap, Arms.**

- &1-2** Bring L next R (&), Cross R over L body is facing 1:30 (1), Step L forward body is facing 12:00 (2),
- &3-4** Step R out to R diagonal (&), Step L out to L diagonal (3), Clap hands In front of your chest (4)

**5-6-7-8** Open arms wiggling fingers (5-6-7-8) on Count 8 your arms are extended to sides

**Section B5: Pop Arms up, Pop Arms Down, Toes In, Heels in, Chest Pop.**

**1-2** Bring both hands up, palm facing up, fingers pointing outside (1), Bring both hands down, fingers pointing inside, palm facing up (2)

**&3&4** Bring both toes in (&), Bring both heels in (3), Pop Chest out (&), Pop Chest in (4).

**Smile because you did a great job and restart the dance !**