

# Vibe Check

**Count:** 32

**Wall:** 4

**Level:** Intermediate



**Choreographer:** Debbie Rushton (UK) - May 2024

**Music:** Vibe Check - LÖNIS & 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 'VIIIIBBE')  
8 Hop weight forward onto L whilst flicking R foot up behind you (lyrics 'CHECK')

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