

# Get a Vibe Check!

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Yvonne Kostorz (DE) - August 2024

Music: Vibe Check - LÖNIS & Little League



**Intro: 16 Counts (starting the dance with the vocals)**

**Step-Lock-Step-Lock-Step, Rock fw-Shuffle back**

12 RF fw- lock LF behind RF,  
3&4 RF fw-Lock LF behind RF-RF fw  
56 LF fw, recover onto RF  
7&8 shuffle back LF RF LF

**Rocking Chair (starting back), Shuffle side to R – Backrock**

12 RF back, recover onto LF, RF fw, recover onto LF  
5&6 shuffle side to R RF LF RF (1/4 Turn to R) (03:00)  
78 LF back, recover onto RF

**Shuffle side to L- Vine to R**

1&2 Shuffle side to L LF RF LF  
34 RF back, recover onto LF  
56 78 RF side to R, cross LF behind RF, RF side, Touch LF next to RF

**2x Step side-Touch behind, Unwind to L-Turn back to R**

12 LF side to L, touch RF behind RF  
34 RF side to L, touch LF behind LF (stay LF behind RF to prepare the unwind turn)  
567 unwind on both feet ( up to 1/2 turn to L) (09:00)  
8 turn back to R with weight on LF (up to 1/2 Turn) and cross RF in front of LF without weight, but in contact with the floor (3:00)

**There is a little change at last wall 7 (count 8) to end facing 12:00:**

**3/4 turn to L instead of 1/2 Turn to R**

**Option Section 4, count 8:**

**If you have a good balance, you can cross your RF higher in front of your shin**

**No tags, no restarts! Enjoy, smile and have fun!**

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