Electric Vibe



拍数: 64 增数: 2 级数: Intermediate

编舞者: Jamie Barnfield (UK) & Karl-Harry Winson (UK) - January 2025

音乐: Make a Move - 2341studios: (iTunes & Amazon)



Intro: 8 counts (from first beat. Start on Lyric's One, Two)

Out. Out. Back Shuffle. Back Rock. Full Turn Forward.

1 – 2	Step forward and Out on Right. Step Forward and Out on Left.
3&4	Step back on Right. Close Left next to Right. Step back on Right.

5 – 6 Rock back on Left. Recover on Right.

7 - 8 1/2 turn Right stepping back on Left. 1/2 Right stepping forward on Right. (12:00)

Cross Rock. Syncopated Touch Back X2. 1 1/4 Rolling Vine Left. Together/Dip.

1 – 2	Cross rock Left slightly over Right. Recover on Right.
&3	Step Left back to Left diagonal. Touch Right next to Left.
&4	Step Right back to Right diagonal. Touch Left next to Right.

5 – 6 Turn 1/4 Left stepping Left forward. Turn 1/2 Left stepping Right back.

7 – 8 Turn 1/2 Left stepping Left forward. Touch Right beside Left with a slight dip. (9:00)

Forward Rock. & Heel. Hip Bump/Shoulder Push. Ball-Rock. Shuffle 1/2 Turn Right.

1 – 2	Rock forward on Right. Recover on Left.
&3	Step back on Right. Touch Left heel forward.
&	Bump Left hip forward/up (Right shoulder up, Left shoulder down)
4	Lower Right hip down (Right shoulder down, Left shoulder up)
&5-6	Close Left next to Right. Rock forward on Right. Recover on Left.
7&8	Shuffle 1/2 turn Right stepping: Right, Left, Right. (3.00)

Forward Rock, & Heel, Hip Bump/Shoulder Push, Ball-Rock, Triple 3/4 turn Left,

1 – 2	Rock forward on Left. Recover on Right.
&3	Step back on Left. Touch Right heel forward
&	Bump Right hip forward/up (Left shoulder up, Right shoulder down)
4	Lower Left hip down (Right shoulder up, Left shoulder down)
&5-6	Close Right next to Left. Rock Left forward. Recover weight on Right.
7&8	Triple 3/4 Turn Left stepping: Left, Right, Left. (6.00).

*Wall 2: Replace Sections 5&6 with the 16 count Bridge (see below) and continue dance.

**Wall 4: Restart Here

5 - 6

Step. Kick. Back. Right Coaster Step. Pivot 1/2 Turn. Right Triple Forward.

4 2	Ctan Diabtforward Kield offfenward Ctan book and off
1 – 3	Step Right forward, Kick Left forward, Step back on Left.

4&5 Step Right back. Close Left beside Right. Step forward on Right.

6 Pivot 1/2 Left.

7&8 Triple step travelling forward (small shuffle): Stepping: Right, Left, Right. (12.00)

Jazz Box 1/4 Turn. Heel and Toe Twist Left. Hitch.

1 – 4 Cross Left over Right. Turn 1/4 Left stepping back on Right. Step Left to Side. Cross Right over Left. (9.00)

Step Left together with Right. Twist both heels Left.

7 – 8 Twist both toes Left. Twist both heels Left hitching Right knee up (slightly facing Right

diagonal).

*Note: Counts 5 – 8 should travel Left.

Back Rock. 1/4 Turn Shuffle forward. 1/4 Shuffle Turn. 1/4 Shuffle Turn.

1 – 2	Rock Right back behind Left. Recover forward on Left.
3&4	Turn 1/4 Turn Right stepping Right forward. Close Left beside Right. Step Right forward. (12.00)
5&6	Turn 1/4 Turn Right stepping Left forward. Step Right beside Left. Step forward on Left. (3.00)
7&8	Turn 1/4 Turn Right stepping Right forward. Close Left beside Right. Step Right forward. (6.00)

Choreographers Note: Counts 3 – 8 should be a 3/4 Turn circular motion around to the Right.

Forward Rock. Left Coaster Step. Step. Pivot 1/2 Turn Left X2.

- 1 2 Rock Left forward. Recover weight on Right.
- 3&4 Step Left back. Step Right beside Left. Step forward on Left.
- 5 8 Step Right forward. Pivot 1/2 turn Left. Step Right forward. Pivot 1/2 turn Left. (6:00)

*Bridge (16 Counts): To replace Sections 5&6 during wall 2

Stomp. Hold. Stomp. Hold. Step. Pivot 1/2 turn Left/ Walk Forward X2.

- 1 2 Stomp Right forward (slightly angle body to Left diagonal) Hold.
 3 4 Stomp Left forward (slightly angle body to Right diagonal). Hold.
- 5 6 Step Right forward. Pivot 1/2 Turn Left.
- 7 8 Walk forward Right. Walk forward Left. (6.00)

Stomp. Hold. 1/2 Turn Stomp. Hold. 1/4 Side Rock. Cross. Side.

1 – 2	Stomp Right forward (slightly angle body to Left diagonal) Hold. (6.00))

- 3 4 Turn 1/2 turn Right stomping Left foot back. Hold. (12.00)
- 5 6 Turn 1/4 Right rocking Right out to Right side (3.00). Recover weight on Left.
- 7 8 Cross Right over Left. Step Left out to Left side. (3.00).

Continue from section 7 of the dance.

Last Update: 22 Jan 2025

^{**}Restart – During Wall 4, dance 32 counts and restart the dance facing 12.00 Wall.

Check out "Make A Move" By Rob Fowler if you are looking for a Beginner Level dance to the same track.