Take Your Vibes and Go

级数: High Improver

编舞者: Ray Okuda (USA) - April 2025

拍数: 32

音乐: take your vibes and go (feat. Kah-Lo, Brazy & Baauer) - Kito

** Sunshine N Line 2025 - Non-Country Improver 1st Place Choreography Competition **

Intro: Start immediately after Kiss sound - No Tags - No Restarts

[1-8] Out R, Out L, Fist on hip R L with step, Sway with Bumps R, L, R, R

- Step R out on forward diagonal (1), Step L out on forward diagonal (2) 1 - 2
- Step R in place and put right fist on right hip (3), Step L in place and put left fist on left hip (4) 3 - 4
- 5 6 Sway on R (5), Sway on L (6)
- 7 8 Sway on R (7), Sway on R (8)

[9-16] Ball Cross, ¾ Unwind L, Body Roll, Coaster Step

- &1-2 Ball Step L next to R (&), Cross R over L (1), Hold (2)
- 3 4 Unwind ³/₄ over left shoulder ending with weight on R (3 and 4)
- 5 6 Body Roll (5), Finish Body Roll with weight on R (6)
- 7&8 Step L back (7), Step R next to L (&), Step L forward (8)

[17-24] Forward Diagonal Rock, Behind Side Cross x2

- 1 2 Rock R forward on right diagonal (1), Recover L (2)
- 3&4 Step R behind L (3), Step L to left side (&), Cross R over L (4)
- 5 6 Rock L forward on left diagonal (5), Recover R (6)
- 7&8 Step L behind R (7), Step R to right side(&), Cross L over R (8)

[OPTIONAL STYLING: Pump fists in front of chest on Rock Recovers]

[25-32] Hip Bumps R and L, 1/2 Pivot, Full Turn

- Step R forward and bump right hip forward (1), Bump left hip back (&), Bump right hip 1&2 forward (2)
- 3&4 Step L forward and bump left forward (3), Bump right hip back (&), Bump left hip forward (4)
- [OPTIONAL STYLING: Right Toe Strut (1-2), Left Toe Strut (3-4)]
- 5 6 Step R forward (5), ½ pivot left putting weight on L (6)
- 7 8 ¹/₂ Turn left stepping R back (7), ¹/₂ Turn left stepping L forward (8)

[NON-TURNING OPTION: Step R forward (7), Step L forward (8)]

https://www.youtube.com/@RayOkudaLineDance https://www.facebook.com/profile.php?id=61561870595525

Last Update: 25 May 2025





墙数:4