



# Vibe Check

Choreographed by: Debbie Rushton (UK)  
Description: 32 Count, Intermediate 4 wall line dance

Music Suggestion: "Vibe Check" by LONIS & 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!! ☺**

