

# Good Vibration



**Count:** 68      **Wall:** 2      **Level:** Phrased Advanced  
**Choreographer:** Rebecca Lee , Jean- Pierre Madge (May 2018)  
**Music:** Sweat Sensation by Flo Rida

## Section: A-A-B-A-A-B-A-A-B-B

### Part A: (32counts)

#### Kick Step Lock Step, Kick Step Lock Step, ¼ Rock, Recover kick, Coaster Step.

1&2&      Kick R to R diagonal (1), Step R to R diagonal (&), Lock L behind R (2), Step R to R diagonal (&),  
3&4&      Kick L to L diagonal (1), Step L to L diagonal (&), Lock R behind L (2), Step L to L diagonal (&),  
5-6      ¼ R Rock R forward (5), Recover on L as you recover, Kick R forward (6),  
7&8      Step R behind (7), Step L next R (&), Step R forward (8).

#### Step Touch, Step, ¼ Step Chest Pop, and Rock Recover, Behind Side Step ¼ .

1&2&      Step L to L diagonal (1), Touch R next L (&), Step R to R diagonal (2), Touch L next to R  
3&4      ¼ R Stomp/Step L to L (3), Pop chest out (&), Pop chest in (4),  
&5-6      Bring R next L (&), Rock L to L (5), Recover on R (6),  
7&8      Cross L behind R (7), ¼ R Step R forward (&), Step L forward (8).

#### Out-Out, Kick Kick, Jazz box ,Cross Shuffle.

1-2      Step R out to R diagonal (1), Step L out to L diagonal (2),  
3-4      Kick R forward (3), Kick R Behind (4),  
5-6      Cross R over L (5), ¼ R Step L back (6),  
&7&8      Step R to R (&), Cross L over R (7), Step R to R (&), Cross L over R (8).

#### Step Heel, Hold ,Cross Step Heel, Step Cross ½ R Big Step Side Together.

&1-2      Step R to R (&), L heel to L diagonal (1), Hold (2),  
&3&4&      Step L next R (&), Cross R over L (3), Step L to L (&), R Heel to R diagonal (4), Step R next L (&),  
5-6      Cross L over R (5) Unwind ½ R weight is on L (6)  
7-8      Big Step R to (7), Bring L next R with weight (8).

### Part B: (36counts)

#### Out-Out, Hands Up, Down, Waves & Slide.

1-2      Step R Out to R diagonal (1), Step L Out to L diagonal (2),  
3-4      Bring both hands in front of your head, Fingers are pointing Up, there is a small space between them like you are holding an invisible box(3), Bring the box in front of your hips, fingers are now pointing the floor, head down (4),  
5-6      Move both arms to the R trying to make a wave (5), Move both arms to the L trying to make a wave (6),  
7&8      Move both arms to R(7),L(&),R(8) on count 8 big slide R to R side

#### Lock, Full Turn, Big Step, Ball Cross, Kick Ball Cross.

1-2-3      Lock L behind R (1), Unwind full turn L (2-3) weight is on L  
4-5      Big Step R back (4), Drag L next R (5),  
&6      Step L next R (&), Cross R over L (6) body is facing 1:30  
7&8      Kick L forward (7), Step L next R (&), Cross R over L (8) body is facing 1:30

**Step Heel Bounce, Back Heel Bounce and Touch and Touch and Back Heel Bounce..**

- 1&2 Step L forward body is still facing 1:30, (1), Bounce Heels up (&) Bounce Heels down (2),  
3&4 Step L back, body is facing 11:30 (3), Bounce Heels up (&), Bounce Heels down (4),  
&5&6 Step R back (&), Touch L forward (5), Step L back (&), Touch R forward (6),  
7&8 Step R forward body facing 1:30 (7), Bounce Heels up (&), Bounce Heels down (8) weight is on R

**Ball Step, Step, Out-Out, Clap, Arms.**

- &1-2 Bring L next R (&), Cross R over L body is facing 1:30 (1), Step L forward body is facing 12:00 (2),  
&3-4 Step R out to R diagonal (&), Step L out to L diagonal (3), Clap hands In front of your chest (4)  
5-6-7-8 Open arms wiggling fingers (5-6-7-8) on Count 8 your arms are extended to sides

**Pop Arms up, Pop Arms Down, Toes In, Heels in, Chest Pop.**

- 1-2 Bring both hands up, palm facing up, fingers pointing outside (1), Bring both hands down, fingers pointing inside, palm facing up (2)  
&3&4 Bring both toes in (&), Bring both heels in (3), Pop Chest out (&), Pop Chest in (4).

Smile because you did a great job and restart the dance ! :D