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## Good Vibes

48 count, 4 wall, beginner/intermediate level
Choreographer: Ingemar Kardeskog (Sweden) March 2005
Choreographed to: Sunshine Reggae by Laid Back, Sunshine Reggae 2000 Single (84 bpm)

Intro: Start 32 counts from first beat.

## Section $1 \quad$ Walk, Walk, Side, Touch, Shuffle $1 / 2$ Turn, Kick Ball Step, Step

1-2 Walk L, Walk R
3-4 Step $L$ to left side, Touch $R$ beside $L$
5\&6 Turn $1 / 4$ stepping $R$ to right side, \& Close $L$ beside $R$, Turn $1 / 4$ right stepping $R$ forward
7\&8 Kick L forward, \& Close L beside R, Turn $1 / 4$ right stepping $R$ forward (cross L)

## Section 2 Side, Rock, Cross Shuffle $1 / 4$ turn right \& Hitch, Turn \& Hitch, Turn \& Hitch, Coaster Step <br> 1-2 Rock L to left side, Recover onto R <br> 3\&4\& Cross L over R, \& Step R to right side, Cross L over R turning $1 / 4$ right, \& Hitch R knee <br> 5\& Turn $1 / 4$ right stepping R forward, \& Hitch L knee <br> 6\& Turn $1 / 4$ right stepping back on $L$, \& Hitch $R$ knee <br> 7\&8 Step R back, \& Close L beside R, Step R forward

Section 3 Diagonal Step, Touch x2, \&Jump, \& Jump, Swivel Turn x3
1-2 Long diagonal step to left, Touch $R$ beside $L$
3-4 Long diagonal step to right, Touch $L$ beside $R$
\&5 \& Jump L back, Jump R back to right side
\&6 \& Jump L slightly forward, Jump R forward in front of L
7\&8 Swivel both heels right turning $1 / 2$ left, \& Swivel both heels left turning $1 / 2$ right, Swivel both heels right turning $1 / 4$ left weight onto R (facing 3 o'clock)

Section 4 Sailor $1 / 4$ Turn, Rock \& Cross, Rock \& Cross, Side, Behind
1\&2 Sweep L behind R turning $1 / 4$ left, \& Close R beside L, Step L slightly forward
3\&4 Rock R to right side, \& Recover to L, Cross R over L
5\&6 Rock L to left side, \& Recover to R, Cross L over R
7-8 Step $R$ to right side, Cross $L$ behind $R$
Section $5 \quad$ Point \& Point, Sailor $1 / 4$ Turn, Point, Hold \& Ball Step, Step
1\&2 Point R to right side, \& Point R forward, Point R to right side
$3 \& 4$ Sweep R turning $1 / 4$ right behind $L$, \& Close $L$ beside R, Step R slightly forward
5-6 Point L forward, Hold
\&7-8 \& Close L beside R, Step R forward, Step L forward

| Section 6 | Step $1 / 2$ Turn, Turn $1 / 4$ right side, Hold \& Ball Side Step, Side, Step $1 / 4$ Turn, Sway |
| :--- | :--- |
| x3 |  |
| $1-2$ | Step R forward, Turn $1 / 2$ left stepping forward on $L$ |
| $3-4 \&$ | Turn $1 / 4$ left stepping R to right side, Hold, \& Close L beside R |
| $5-6$ | Step R to right side, Step L forward turning $1 / 4$ right |
| $7 \& 8$ | Step R forward swaying to right, \& Sway left, Sway right taking weight onto R. |

