

Catch My Vibe

Music: Vive Check/L'onis & Little League/ iTunes
Choreographer: Sandy Kerrigan (Sydney) Australia – June 2024
sandykerrigan@optusnet.com.au
Dance Description: 4 Wall 32 Count – High Beginner Line Dance - Version 1:00
Dance Info: Dance starts wt on L– Dance starts on lyrics-16 counts in
BPM [123.00] Track Length 2:00 – No Tags or Restarts.

Walk Fwd R, Walk Fwd L, Side Ball Change, Walk Fwd R, Fwd Rock Step, Shuffle Back on L 12:00

1 2 & 3 4 Walk Fwd R, Walk Fwd L, Ball of R to R Side, Replace wt to L, Walk Fwd R
5 6 7 & 8 Rock Fwd L, Replace Back to R, Step Back L, Step R next to L, Step Back on L

Back Rock Step, Shuffle Fwd, Step, Point, Step, Point 12:00

1 2 & 3 4 Rock Back R, Replace Fwd to L, Step Fwd R, Step L next to R, Step Fwd R
5 6 7 8 Step Fwd L, Point R Toe to R Side. Step Fwd R, Point L Toe to L Side

Turning Jazz Box ¼ L, Step Tap, Step Tap Together 9:00

1 2 3 4 Cross L over R, ¼ L-Step Back on R, Step L to L Side, Cross R over L
5 6 7 8 Step L to L Side, Tap R next to L, Step R to R Side, Tap L next to R

1 2 Step L out Fwd to L45°, Step R out Fwd to R45°
3 4 Step L Back to centre, Step R next to L
5 6 7 8 Step Fwd L, Slow ½ Step Turn R- Shimmy your shoulders/Flick your head
backward on cnt 8-wt on L