

# Get The Vibe

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**Count:** 64      **Wall:** 2      **Level:** Intermediate

**Choreographer:** Nathan Gardiner (Scotland) June 2017

**Music:** No Lie by Sean Paul feat. Dua Lipa

## Intro: 16 counts

### S1: Cross, ¼ R, Step Back, Behind, ¼ R, Step Forward X2

- 1&2**      Cross R over L, ¼ R stepping back on L, Step back on R
- 3&4**      Step L behind R, ¼ R stepping forward on R, Step forward on L
- 5&6**      Cross R over L, ¼ R stepping back on L. Step back on R
- 7&8**      Step L behind R, ¼ R stepping forward on R, Step forward on L

### S2: Side, Rock Back, Recover R & L, Side Rock, Recover, Behind Side Cross

- 1-2&**      Step R to R side, Rock back on L, Recover on R
- 3-4&**      Step L to L side, Rock back on R, Recover on L
- 5-6**      Rock out to R side, Recover on L
- 7&8**      Step R behind L, Step L to L side, Cross R over L

### S3: Side L, Touch, Side R, Touch, ½ Rumba Box, Rock Forward, Recover, R Lock Step

- 1&2&**      Step L to L side, Touch R next to L, Step R to R side, Touch L next to R
- 3&4**      Step L to L side, Step R next to L, Step forward on L
- 5-6**      Rock forward on R, Recover on L
- 7&8**      Step back on R, Lock L in front of R, Step back on R

### S4: L Lock Step, Rock Back, Recover, Step Pivot ½ L X2

- 1&2**      Step back on L, Lock R in front of L, Step back on L
- 3-4**      Rock back on R, Recover on L
- 5-6**      Step forward on R, Pivot ½ L
- 7-8**      Step forward on R, Pivot ½ L

### S5: Walk Forward R & L, Mambo Step, Coaster Step, R Lock Step

- 1-2**      Step forward on R, Step forward on L

- 3&4** Rock forward on R, Recover on L, Step back on R
- 5&6** Step back on L, Step R next to L, Step forward on L
- 7&8** Step forward on R, Lock L behind R, Step forward on R

**S6: Side Rock, Recover, Cross Shuffle, Point, ¼ L, Point, ¼ L, Point & Point**

- 1-2** Rock out to L side, Recover on R
- 3&4** Cross L over R, Step R to R side, Cross L over R
- 5&6&** Point R to R side, ¼ L stepping R next to L, Point L to L side, ¼ L stepping L next to R
- 7&8** Point R to R side, Step R next to L, Point L to L side

**S7: Rock Back, Recover, Point, Behind Side Cross, ¼ LX2, Mambo Step with Knee Pop**

- 1&2** Rock back on L, Recover on R, Point L to L side
- 3&4** Step L behind R, Step R to R side, Cross L over R
- 5-6¼ L stepping back on R, ¼ L stepping L to L side**
- 7&8** Rock forward on R, Recover on L, Step back on R popping L knee forward

**S8: Cross Samba L & R, Rock Forward, Recover, Ball, Step Pivot ½ L**

- 1&2** Cross L over R, Rock out to R side, Recover on L
- 3&4** Cross R over L, Rock out to L side, Recover on R
- 5-6&** Rock forward on L, Recover on R, Step L next to R
- 7-8** Step forward on R, Pivot ½ L

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