

# Vitamin A

**COPPER** **NOB**  
STEPSHEETS

**Count:** 32

**Wall:** 4

**Level:** Absolute Beginner

**Choreographer:** Nicken (INA), Rosseta (INA) & Diannagari (INA) - May 2023

**Music:** Vitamin A (มองนางนง) - FLI:P



**Intro :** 32C

## **S1# WALK RLR - KICK L - BACK LRL - TOUCH R**

- 1-2 Step R forward, Step L forward
- 3-4 Step R forward, Kick L forward
- 5-6 Step L backward, Step R backward
- 7-8 Step L backward, Touch R beside L

## **S2# GRAPEVINE RL MODIFIED**

- 1-2 Step R to side, Cross L behind R
- 3-4 Step R to side, Touch L beside R
- 5-6 Step L to side, Cross R behind L
- 7-8 1/4 Turn to left step L forward (9.00), The leg swings R forward as the foot makes slightly contact with the floor in a brushing motion

## **S3# V STEP - DIAGONAL BACK RL - BACK TO CENTER RL**

- 1-2 Step R diagonal forward to right, Step L diagonal forward to left
- 3-4 Step R back to center, Close L together R
- 5-6 Step R diagonal back to right, Step L diagonal back to left
- 7-8 Step R back to center, Close L together R

## **S4# SIDE ROCK R - SIDE R - JUMP WITH CLAP (CLOSE) - SIDE ROCK L - SIDE L- JUMP WITH CLAP (CLOSE)**

- 1-2 Rock R to side, Recovered on L
- 3-4 Step R to side, Close L together R with jump & clap
- 5-6 Rock L to side, Recovered on R
- 7-8 Step L to side, Close R together L with jump & clap

**ENJOY THE DANCE.....**

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