

The Vowel With Attitude

Compte: 32

Mur: 4

Niveau: Beginner +

Chorégraphe: Deborah O'Hara (CAN) - July 2018

Musique: Vowels - Capital Cities



(32 Count Intro)

Step Touch, Step Touch, Step, Clap Clap, Step touch, Step Touch, Step, Clap Clap

- 1 & Step on a 45 degree angle fwd right, touch L toe to right instep
- 2 & Step on a 45 degree angle back left, touch R toe to left instep
- 3 & 4 Step Back on right foot, allowing Left knee to pop. Clap Clap
- 5 & Step on a 45 degree angle fwd left, touch R toe to left instep
- 6 & Step on a 45 degree angle back right, touch L toe to right instep
- 7 & 8 Step Back on right foot, allowing Left knee to pop. Clap Clap

Run Run Run, hitch swivel 1/4 Left, Run Run Run, Hitch swivel 1/8 Right

- 1 & 2 & Step Right on 45 degree angle R, Step L to R, Step R fwd, Hitch L knee & swivel 1/2 L to corner
- 3 & 4 & Step Left on 45 degree angle L, Step R to L, Step L fwd, Hitch R knee & swivel 1/8 R to front

Rocking chair Fwd. and Back, Step Clap Clap

- 5 & 6 & Rock fwd with R, replace L, Rock back R replace L
- 7 & 8 Step Right fwd taking weight and clap clap

Step Touch, Step Touch, Step Touch, Step

- 1 & 2 & Step back on Left, touch right to left instep, Step back on Right, touch left to Right instep
- 3 & 4 Step back on Left, touch right to left instep. take a big step back on R, allow L knee pop

Cross, rock step out, Cross, Rock Step out

- 5 & 6 Cross Left over right, Rock right to side, replace weight on L
- 7 & 8 Cross Right over Left, Rock Left to side, replace weight on R

Step L over R, Rock step 2X turning 3/4 L, clap clap

- 1&2&3&4 Step Left over Right, Rock step 2x while making 3/4 turn L, clap clap

Cross, rock step out, Cross, Rock Step out

- 5 & 6 Cross Right over Left, Rock Left to side, replace weight on R
- 7 & 8 Cross Left over Right, Rock Right to side, replace weight on L

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