

Vitamin A

COPPER **KNOB**
BY STEPHENETS

Compte: 64

Mur: 4

Niveau: Beginner / Improver



Chorégraphe: Santy Sept (INA) - May 2023

Musique: มงกนนานๆ - Vitamin A | Covered by FLI:P [Special Video]

No TAG No Restart

Sequence : A, B B B B B, A, B B B B, A, B

*Start dance after intro lyric music 64C (29")

PART A :

S1. *FORWARD ROCK – COASTER STEP – FORWARD – SIDE – R HIP BUMP (2X) – CLOSE TOUCH*

1-2 Step R forward, Recover on L

3&4 Step R back, L close beside R, R forward

5-6-7-8 Step L forward, Step R to side with R hip bump (2x), R close touch beside L

S2. *FORWARD ROCK – COASTER STEP – FORWARD – SIDE – R HIP BUMP (2X) – CLOSE TOUCH*

1-2 Step R forward, Recover on L

3&4 Step R back, L close beside R, R forward

5-6-7-8 Step L forward, Step R to side with R hip bump (2x), R close touch beside L

S3. *SIDE SWAYS (R-L-R) – CLOSE TOUCH – PIVOT ½ TURN L (2X)*

1-2-3-4 Step R to side with sways (R-L-R), R close touch beside L

5-6 Step R forward, ½ turn left (weight to L)

7-8 Step R forward, ½ turn left (weight to L)

S4. *KICK – KICK – COASTER STEP (R-L)*

1-2 Kick R forward, Kick R side

3&4 Step R back, L close beside R, R forward

5-6 Kick L forward, Kick L side

7-8 Step L back, R close beside L, L forward

PART B :

S1. *SIDE MAMBO (R-L) – ROCKING CHAIR*

1&2 Rock R to side, Recover on L, R close beside L

3&4 Rock L to side, Recover on R, L close beside R

5-6 Step R forward, Recover on L

7-8 Step R back, Recover on L

S2. *GRAPEVINE (R-L)*

1-2 Step R to side, Cross L behind R

3&4 Step R to side, L close touch beside R

5-6 Step L to side, Cross R behind L

7-8 Step L to side, R close touch beside L

S3. *SIDE TOUCH "WITH SHIMMY" – CLOSE TOUCH (R-L)*

1-2 R side touch with shimmy, R close touch beside L

3-4 R side touch with shimmy, R close touch beside L

5-6 L side touch with shimmy, L close touch beside R

7-8 L side touch with shimmy, L close touch beside R

S4. *1/4 R JAZZ BOX – V STEP*

1-2-3-4 Cross R over L, Step L back, Turn ¼ step R to R side, L close beside R

5-6-7-8 Step R forward diagonal to R, Step L forward diagonal to L, R back to center, L close beside R

Enjoy, Happy Dancing !

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