

Vitamin A (Mong Nan Nan)

Compte: 128

Mur: 1

Niveau: Phrased Improver

Chorégraphe: Harry Samana (INA) & Angela Liem (INA) - June 2023

Musique: Vitamin A (มองนนาน) - FLI:P



SEQUENCE – AB CC DD , AB CC DD , BC

NO tag NO restart .

Start dance after 32 Count

Part A.

Section 1 . V-Step 2x

1234 Step Rf diag. Forward – step Lf diag. Forward – step Rf to centre – step Lf beside Rf

5678 Step Rf diag. Forward – step Lf diag. Forward – step Rf to centre – step Lf beside Rf

#Section 2. Pivot twice , Walk R-L-R-L

1234 Step Rf forward – ½R turn stepping on Lf - Step Rf forward – ½R turn stepping on Lf

5678 Step Rf Forward – Lf – Rf – Lf

#Section 3. V-Step 2x

1234 Step Rf diag. Forward – step Lf diag. Forward – step Rf to centre – step Lf beside Rf

5678 Step Rf diag. Forward – step Lf diag. Forward – step Rf to centre – step Lf beside Rf

#Section 4. Walk Back R-L-R-L , Mambo Side

1234 Step Rf Backward – Lf – Rf – Lf

5&6 Step Rf to side – recover Lf – Close Rf beside Lf

7&8 Step Lf to side – recover Rf – Close Lf beside Rf

Part B.

Section 1 . Sway , Jazz Box

1234 Sway R-L-R-L

5678 Cross Rf over Lf – step Lf back – step Rf to side – cross Lf over Rf

#Section 2. Sway , Jazz Box

1234 Sway R-L-R-L

5678 Cross Rf over Lf – step Lf back – step Rf to side – cross Lf over Rf

#Section 3. Sway Up & Down

1234 Sway Up R-L - sway Down R-L

5678 Sway Up R-L - sway Down R-L

#Section 4. Touch , Cross , side , hitch , bump

1234 Touch cross Rf over Lf – touch Rf to side left - Touch cross Rf over Lf – step Rf to side right

5678 hitch Lf with hip bump (3 count) – step Lf to side left

Part C.

Section 1 . Cross , Touch

1234 Cross Rf over Lf – touch Lf to side left - Cross Rf over Lf – touch Lf to side left

5678 Cross Rf over Lf – touch Lf to side left - Cross Rf over Lf – touch Lf to side left

#Section 2. Anchor step

1&2 Rock Rf back – recover Lf – step Rf back

3&4 Rock Lf back – recover Rf – step Lf back

5&6 Rock Rf back – recover Lf – step Rf back

7&8 Rock Lf back – recover Rf – step Lf back

#Section 3. Grapevine R , Flick , Grapevine L , Flick

1234 Step Rf to side – cross Lf behind Rf , step Rf to side – lift heel Lf back

5678 Step Lf to side – cross Rf behind Lf , step Lf to side – lift heel Rf back

#Section 4. Peddle turn R full

1234 Step Rf to side – recover Lf - $\frac{1}{4}$ R turn stepping Rf to side – recover Lf

5678 $\frac{1}{4}$ R turn stepping Rf to side – recover Lf - $\frac{1}{2}$ R turn stepping Rf to side – recover Lf

Part D.

Section 1 . Weave , Cross , Hold , Shimmy , Touch , Flick

1234 Cross Rf over Lf – step Lf to side – cross Rf behind Lf – step Lf to side

5678 Cross Rf over Lf with shimmy 2count – touch Lf to side – lift heel Lf back

#Section 2. Weave , Cross , Hold , Shimmy , Touch , Flick

1234 Cross Lf over Rf – step Rf to side – cross Lf behind Rf – step Rf to side

5678 Cross Lf over Rf with shimmy 2count – touch Rf to side – lift heel Rf back

#Section 3. Jazz Box R turn $\frac{1}{4}$, Jazz box turn R turn $\frac{1}{4}$

1234 Cross Rf over Lf - $\frac{1}{4}$ R turn stepping Lf back – step Rf to side – cross Lf over Rf

5678 Cross Rf over Lf - $\frac{1}{4}$ R turn stepping Lf back – step Rf to side – cross Lf over Rf

#Section 4. Rocking Chair

1234 Rock Rf to forward – recover Lf - Rock Rf to back – recover Lf

5678 Step Rf forward - $\frac{1}{4}$ L turn stepping on Rf - Step Rf forward - $\frac{1}{4}$ L turn stepping on Rf

Last Update - 25 June 2023 - R1
