

# Vat My Vas (抓住我)

COPPERKNOB  
STEPSHETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Alex Au (HK) - June 2022  
音乐: Vat My Vas - Die Campbells



Introduction : 16 counts

## S1. VINE TO RIGHT, FLICK L AND SLAP, STEP ON R, FLICK R AND SLAP, R CROSS L SIDE

1-2            Step R to side, step L behind R  
3-4            Step R to side, L flick to left (slap L with left hand)  
5-6            Step L to side, flick R to right (slap R with right hand)  
7-8            Step R over L, step L to side

## S2. R STEP BACK L CLOSE, R L FORWARD, STEP SIDE AND HIP BOMB

1-2            Turning  $\frac{1}{4}$  right step R back, step L close to R  
3-4            Step R forward, step L forward  
5-6            Turning  $\frac{1}{4}$  left step R to side, hold  
7-8            Hip bomb to left, hip bomb to right

## S3. STOMP L, POINT R FORWARD AND BACK, KICK-BALL-CHANGE, HALF PIVOT TURN L

1-2            Turning  $\frac{1}{4}$  left stomp on L and flick R back, hold  
3-4            Point R forward, point R back  
5&6            Kick R forward, step R in place, step L in place  
7-8            Step R forward, turning  $\frac{1}{2}$  left step L forward

## S4. JAZZ BOX, STOMP ON R, CROSS SHUFFLE

1-2            Step R over L, step L back  
3-4            Step R to side, step L over R  
5-6            Stomp on R to side, hold  
7&8            Step L over R, step R to side, step L over R

## REPEAT THE DANCE

At wall 11, do count 1 to 10 and the following 3-count ending :

1-2-3            Step R forward, turning  $\frac{1}{4}$  right step L side facing 12:00, stamp forward on R