

# Vitamin A (Mong Nan Nan)

COPPER KNOB  
STEP SHEETS

拍数: 128      墙数: 1      级数: Phrased Improver  
编舞者: Harry Samana (INA) & Angela Liem (INA) - June 2023  
音乐: 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**

---