

# Vitamin A

**COPPER** **KNOB**  
BY STEPHEN

拍數: 64      牆數: 4      級數: Beginner / Improver  
編舞者: Santy Sept (INA) - May 2023  
音樂: มอญนางนง - 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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