

# Vitamin A

**COPPER KNOB**  
STEPSHEETS

拍數: 64      牆數: 4      級數: Phrased Improver  
編舞者: Vera Cahaya (INA) - June 2023  
音樂: Vitamin A (มองนารนง) - FLI:P



No Tag, No Restart

Sequence: A-BBBBB-A- BBBB-A-B

INTRO 32C (free style)

Part A (32 Counts)

## S I . DIAGONAL ROCK WITH SWAY-RECOVER-COASTER STEP-TOUCH-STEP SIDE

1-2            Step RF diagonal forward with right sway (1),Recover on LF (2)  
3&4           Step RF back (3),Step LF together(&),Step RF forward (4)  
5-6           Touch LF forward (5),Touch LF to side (6)  
7-8           Touch LF forward (7),Step LF to side (8)

## S II . TOE STRUT – DIAGONAL TOUCH-HIP BUMP-STEP IN PLACE

1-2            Touch right toe forward (1),Drop right heel in place (2)  
3- 4           Touch ¼ left toe forward (3), Drop left heel in place (4)  
5- 6           Touch right toe diagonal forward with hip bump to right (5),Hip bump to right(6)  
7- 8           Hip bump right (7),Step RF in place(8)

## S III. PIVOT ½ TURN-FORWARD SHUFFLE-PIVOT 1/4 TURN-CROSS SHUFFLE

1-2            Step LF forward (1),Make ½ turn right stepping RF in place (2)  
3&4           Step LF forward (3),Close RF next to LF (&),Step LF forward (4)  
5-6           Step RF forward (5),Make ¼ turn left stepping LF in place (6)  
7&8           Cross RF over LF (7),Step LF to side (&),Cross RF over LF (8)

## S IV. SIDE STEP-TOUCH-SIDE STEP-TOGETHER-SIDE STEP WITH SWAY RL

1-2            Step LF to side (1),Touch RF beside LF(2)  
3-4            Step RF to side (3),Close LF together beside RF (4)  
5-6            Step RF to side with sway right (5),Sway left (6)  
7-8            Sway right (7),Sway left (8)

Part B (32 Counts)

## S I. KICK (2X)-COASTER STEP

1-2            Kick RF forward (1),Kick RF forward (2)  
3&4           Step RF back (3),Step LF together (&),Step RF forward (4)  
5-6           Kick LF forward (5),Kick LF forward (6)  
7&8           Step LF back (7),Step RF together(&),Step LF forward(8)

## S II. SIDE MAMBO-BACK STEP-CLOSE

1&2            Rock RF to side (1),Recover on LF (&),Step RF together  
3&4            Rock LF to side (3),Recover on RF (&),Step LF together  
5-6            Step RF back (5),Step LF back (6)  
7-8            Step RF back (7),Step LF close beside RF(8)

## S III. GRAPEVINE-ROLLING VINE-TOUCH

1-2            Step RF to side (1),Cross LF behind RF (2)  
3-4            Step RF to side (3),Touch LF to side (4)  
5-6            Make ¼ turn left stepping forward (5),Make ½ turn left stepping RF back (6)  
7-8            Make ¼ turn stepping LF to side (7),Touch RF next LF (8)

#### **S IV.ROCKING CHAIR-JAZZ BOX TURN**

- 1-2 Rock RF forward (1),Recover on LF (2)
- 2-4 Rock RF back (3),Recover on LF (4)
- 5-6 Cross RF over LF (5),Step LF back (6)
- 7-8 Make  $\frac{1}{4}$  turn right stepping RF to R(7),Step LF forward (8)

**Enjoy The Dance !!!**

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