

Vulnerable (aka Escape)

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Vivienne Scott (CAN) - July 2007
音樂: Tired of Being Sorry or Amigo Vulnerable - Enrique Iglesias : (CD: Insomnia)



Start on the lyrics

Note: At the beginning of the dance, dance first 8 counts then start again

CROSS ROCK, SIDE SHUFFLE, CROSS LEFT OVER RIGHT 1/2 TURN, 1/2 TURN SIDE SHUFFLE

1-2 Cross rock right over left, rock back onto left
3&4 Step right to right side, step left beside right, step right to right side
5-6 Cross left over right turning 1/2 right
7&8 Cross left over right turning 1/2 right, step right beside left, step left to left side

HEEL SWITCHES, STEP LARGE SIDE RIGHT 1/4 TURN, TOE POINT 1/4 TURN, LEFT SAILOR STEP, STEP FORWARD, HOLD

9&10 Touch right heel forward, step right beside left, touch left heel forward
&11 Step left beside right, step right (large step) to right side turning 1/4 right
12 Touch point left toe forward turning 1/4 right (weight on right)
13&14 Cross left behind right, step right to right side, step left forward
15-16 Step forward right, hold (hands stretched out to the side for style)

CHASE TURN, STEP FORWARD, HOLD, CHASE TURN, HIP ROCKS

17&18 Step forward left turning 1/2 right, step right beside left, step forward left
19-20 Step forward right, hold (hands stretched out to the side for style)
21&22 Step forward left turning 1/2 right, step right beside left, step forward left
23-24 Rock forward on right bending knees and pushing right hip forward, rock back onto left bending knees and pushing left hip back (weight on left)

SHUFFLE FORWARD, ROCK FORWARD, TWO COUNT FULL TURN TRAVELING BACK, TURNING SAILOR STEP

25&26 Step forward right, close left beside right, step forward right
27-28 Rock forward left, recover on right
29-30 Step left back turning 1/2 left, step right forward turning 1/2 turn left
31 Cross left behind right turning 1/4 left
&32 Step right to right side, step forward left (toe pointing slightly to the left diagonal for a flowing transition to step 1)

(Alternative for 31&32: Side Shuffle left with 1/4 turn left)

RESTARTS:

See above -- At the beginning of dance, dance the first eight counts then start again.

At the beginning of the 6th wall (facing 3 o'clock) dance the first eight counts then start again.

Enjoy!

[Website](#)