

# Vital Signs (Human or Dancers)

**COPPER KNOB**  
STEPPERS

拍數: 64      牆數: 2      級數: Improver  
編舞者: Audrey Watson (SCO) - January 2009  
音樂: Are We Human - The Killers



Start dance on vocals - BPM:135

## SECTION ONE: KICK, KICK, SAILOR STEP, KICK, KICK, SAILOR STEP.

- 1-2      Kick right foot fwd, kick right foot out to right side.
- 3&4      Cross right behind left, step left to left side, step right to right side.
- 5-6      Kick left foot fwd, kick left foot out to left side.
- 7&8      Cross left behind right, step right to right side, step left to left side.

## SECTION TWO: CROSS, SIDE, BEHIND, SIDE. CROSS, SIDE, COASTER 1/4 TURN

- 1-2      Cross right over left, step left to left side.
- 3-4      Cross right behind left, step left to left side.
- 5-6      Cross right over left, step left to left side.
- 7&8      Turn ¼ right stepping back on right, step left next right, step fwd on right.

## SECTION THREE: STEP KICK, COASTER STEP, STEP LOCK, STEP LOCK STEP.

- 1-2      Step fwd on left, kick right foot fwd.
- 3&4      Step back on right, step left to left side, step fwd on right.
- 5-6      Step fwd on left, lock right behind left.
- 7&8      Step fwd on left, lock right behind left, step fwd on left.

## SECTION FOUR: ¼ TURN TOG, CHASSE, BACK ROCK, CHASSE.

- 1-2      Turn ¼ left stepping right to right side, close left beside right.
- 3&4      Step right to right side, step left next right, step right to right side.
- 5-6      Rock back on left, recover fwd on right.
- 7&8      Step left to left side, close right next left. Step left to left side.

## SECTION FIVE: BACK TOUCH, BACK TOUCH, FWD TOUCH, FWD TOUCH.

- 1-2      Step back diagonally right on right foot, touch left next right. (Optional clap)
- 3-4      Step back diagonally left on left foot, touch right next left. (Optional Clap)
- 5-6      Step fwd diagonally right, touch left next right. (Optional Clap)
- 7-8      Step fwd diagonally left on left foot, touch right next left. (Optional clap)

## SECTION SIX: 2 – ½ TURN MONTERAY (OR IF YOU DON'T LIKE TURNS: POINT TOES TO SIDE STARTING RIGHT, LEFT, RIGHT, LEFT).

- 1-2      Touch right toe to right side, turn ½ right stepping right next left.
- 3-4      Touch left toe to left side, step left next right.
- 5-6      Touch right toe to right side, turn ½ right stepping right next left.
- 7-8      Touch left toe to left side, step left next right.

## SECTION SEVEN: SIDE TOG. SHUFFLE BACK, SIDE TOG, SHUFFLE FWD.

- 1-2      Step right to right side, close left next right.
- 3&4      Shuffle back on right, left, right.
- 5-6      Step left to left side, close right next left.
- 7&8      Shuffle fwd on left, right, left.

## SECTION EIGHT: FWD ROCK, SIDE ROCK, 2 X PIVOT ¼.

- 1-2      Rock fwd on right, recover back on left.
- 3-4      Rock right to right side, recover on left.

5-6 Step fwd on right, pivot 1/4 left.  
7-8 Step fwd on right, pivot 1/4 left.

**START AGAIN**

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