

# Vamp it Up!

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Nicola Lafferty (UK) - November 2013  
音樂: Can We Dance - The Vamps : (Album: Can We Dance EP)



Intro: 64 Count Intro

Note: There is a restart after Count 56 on Wall 4 (See note below)

## [1-8] Kick Ball Side, Sailor Step, Behind, Side, Cross Rock, Recover

1&2      Kick RF fwd, Step RF down, Step LF to L side  
3&4      Step RF behind LF, Step LF to L side, Step RF in place  
5,6      Cross LF behind RF, Step RF to R side  
7,8      Cross Rock LF over RF, Recover weight to RF (face 12.00)

## [9-16] Side Triple, ½ Turn, Side Triple, Hitch, Side, Body Roll

1&2      Step LF to L side, Close RF to LF, Step LF to L side  
3&4      Make ½ turn L, Step RF to R side, Close LF to RF, Step RF to R side  
5,6      Hitch L knee, Step LF to L side  
7,8      Body roll fwd from head downwards (face 6.00)

## [17-24] 2 Walks, Triple fwd, ¼ Pivot, Cross Triple

1,2      Walk fwd RF, Walk fwd LF  
3&4      Step RF fwd, close LF to RF, Step RF fwd  
5,6      Step LF fwd, ¼ Pivot turn to R  
7&8      Cross LF over RF, Step RF to R side, Cross LF over RF (face 9.00)

## [25-32] Side, Touch Behind, ½ Turn, Walk, Hitch Slide, Walk Back, Step Side with ¼ Turn

1,2      Step RF to R side, Touch LF behind RF  
3,4      Make ½ turn over L shoulder step down on LF, Step RF fwd  
5      .6 Hitch L knee up, Slide LF a big step back  
7,8      Step RF back, Make ¼ turn L stepping LF to L side (face 12.00)

## [33-40] Cross, Tap, Step, Side Triple, Cross Rock, Side Triple with ¼ Turn

1&2      Cross RF over LF, Tap LF behind RF, Step down on LF  
3&4      Step RF to R side, Close LF to R side, Step RF to R side  
5,6      Cross Rock LF over RF, Recover weight to RF  
7&8      Step LF to L side, Close RF to LF, make ¼ turn L stepping LF fwd

## [41-48] Mambo Fwd, Mambo Back, Travelling Hip Bumps

1&2      Rock RF fwd, Recover weight to LF, Step RF back  
3&4      Rock LF back, Recover weight to RF, Step LF fwd  
5&6      Touch RF fwd bumping hips R, bump hips L, Bump hips R stepping down on RF  
7&8      Touch LF fwd bumping hips L, bump hips R, Bump hips L stepping down on LF (face 9.00)

## [49-56] Touch Across, Side Rock, Touch Across, Touch Side, Sailor ¼, Sailor ½

1,2&      Touch RF across LF, Rock RF to R side, Recover weight to LF  
3,4      Touch RF across LF, Touch LF to L side  
5&6      Cross RF behind LF, make ¼ Turn R stepping LF in place, Step RF fwd  
7&8      Cross LF behind RF, make ½ Turn L stepping RF in place, Step LF fwd (face 6.00)

\* Restart here on Wall 4

## [57-64] Rock Recover & Rock Recover, Paddle Full Turn

1,2 Rock RF to R side, Recover weight to LF  
&3,4 Close RF to LF, Rock LF to L side, Recover weight to RF  
5,6,7,8 Making a full turn in total over R shoulder, make  $\frac{1}{4}$  turn R as you touch LF to L side (5), make  $\frac{1}{4}$  turn R as you touch LF to L side (6), make  $\frac{1}{4}$  turn R as you touch LF to L side (8), Make  $\frac{1}{4}$  Turn R as you step down on LF (face 6.00)

**Begin again!**

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