

# Vulnerable (aka Escape)

**COPPER** **KNOB**  
STEPPERS

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Vivienne Scott (CAN) - July 2007

Musik: Tired of Being Sorry or Amigo Vulnerable - Enrique Iglesias : (CD: Insominia)



**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](#)