Vamp it Up!



Count: 64 Wall: 2 Level: Intermediate

Choreographer: Nicola Lafferty (UK) - November 2013

Music: 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, 1/2 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, 1/4 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, 1/2 Turn, Walk, Hitch Slide, Walk Back, Step Side with 1/4 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 1/4 Turn

1&2 Cross RF over LF, Tap LF behind RF, Step down on LF3&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

Rock RF fwd, Recover weight to LF, Step RF back Rock LF back, Recover weight to RF, Step LF fwd

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)

I49-561 Touch Across. Side Rock. Touch Across. Touch Side. Sailor 1/4. Sailor 1/4.

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 ¼ turn R as you touch LF to L side (5), make ¼ turn R as you touch LF to L side (6), make ¼ turn R as you step down on LF (face 6.00)

Begin again!

Contact: nicola.h.lafferty@gmail.com