

Vitamin A

COPPER **KNOB**
STEPSHEETS

Count: 32

Wall: 4

Level: Absolute Beginner

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Music: Vitamin A (มองนางนง) - FLI:P



Intro : 32C

S1# WALK RLR - KICK L - BACK LRL - TOUCH R

- 1-2 Step R forward, Step L forward
- 3-4 Step R forward, Kick L forward
- 5-6 Step L backward, Step R backward
- 7-8 Step L backward, Touch R beside L

S2# GRAPEVINE RL MODIFIED

- 1-2 Step R to side, Cross L behind R
- 3-4 Step R to side, Touch L beside R
- 5-6 Step L to side, Cross R behind L
- 7-8 1/4 Turn to left step L forward (9.00), The leg swings R forward as the foot makes slightly contact with the floor in a brushing motion

S3# V STEP - DIAGONAL BACK RL - BACK TO CENTER RL

- 1-2 Step R diagonal forward to right, Step L diagonal forward to left
- 3-4 Step R back to center, Close L together R
- 5-6 Step R diagonal back to right, Step L diagonal back to left
- 7-8 Step R back to center, Close L together R

S4# SIDE ROCK R - SIDE R - JUMP WITH CLAP (CLOSE) - SIDE ROCK L - SIDE L- JUMP WITH CLAP (CLOSE)

- 1-2 Rock R to side, Recovered on L
- 3-4 Step R to side, Close L together R with jump & clap
- 5-6 Rock L to side, Recovered on R
- 7-8 Step L to side, Close R together L with jump & clap

ENJOY THE DANCE.....
