## Vitamin A (Mong Nan Nan)

Compte: 128
Mur: 1
Niveau: Phrased Improver
Chorégraphe: Harry Samana (INA) \& Angela Liem (INA) - June 2023
Musique: Vitamin A (มองนานๆ) - FLI:P


## SEQUENCE - AB CC DD , AB CC DD , BC

NO tag NO restart .
Start dance after 32 Count

## Part A.

\# Section 1 . V-Step 2x
1234 Step Rf diag. Forward - step Lf diag. Forward - step Rf to centre - step Lf besid Rf
5678 Step Rf diag. Forward - step Lf diag. Forward - step Rf to centre - step Lf besid Rf
\#Section 2. Pivot twice , Walk R-L-R-L
1234 Step Rf forward - $1 / 2$ R turn stepping on Lf - Step Rf forward - $1 / 2 R$ turn stepping on Lf
5678 Step Rf Forward - Lf - Rf - Lf

## \#Section 3. V-Step 2x

1234 Step Rf diag. Forward - step Lf diag. Forward - step Rf to centre - step Lf besid Rf
5678 Step Rf diag. Forward - step Lf diag. Forward - step Rf to centre - step Lf besid Rf

## \#Section 4. Walk Back R-L-R-L , Mambo Side

1234 Step Rf Backward - Lf - Rf - Lf
5\&6 Step Rf to side - recover Lf - Close Rf beside Lf
7\&8
Step Lf to side - recover Rf - Close Lf beside Rf
Part B.
\# Section 1 . Sway , Jazz Box
1234 Sway R-L-R-L
5678 Cross Rf over Lf - step Lf back - step Rf to side - cross Lf over Rf
\#Section 2. Sway , Jazz Box
1234 Sway R-L-R-L $\quad$ Cross Rf over Lf - step Lf back - step Rf to side - cross Lf over Rf
\#Section 3. Sway Up \& Down
1234 Sway Up R-L - sway Down R-L
5678
Sway Up R-L - sway Down R-L
\#Section 4. Touch , Cross , side , hitch , bump
1234 Touch cross Rf over Lf - touch Rf to side left - Touch cross Rf over Lf - step Rf to side right
5678 hitch Lf with hip bump ( 3 count ) - step Lf to side left

Part C.
\# Section 1 . Cross , Touch
1234 Cross Rf over Lf - touch Lf to side left - Cross Rf over Lf - touch Lf to side left
5678
Cross Rf over Lf - touch Lf to side left - Cross Rf over Lf - touch Lf to side left
\#Section 2. Anchor step

| $1 \& 2$ | Rock Rf back - recover Lf - step Rf back |
| :--- | :--- |
| $3 \& 4$ | Rock Lf back - recover Rf - step Lf back |
| $5 \& 6$ | Rock Rf back - recover Lf - step Rf back |

## \#Section 3. Grapevine R , Flick , Grapevine L , Flick

1234 Step Rf to side - cross Lf behind Rf, step Rf to side - lift heel Lf back
5678 Step Lf to side - cross Rf behind Lf, step Lf to side - lift heel Rf back
\#Section 4. Peddle turn R full
1234 Step Rf to side - recover Lf - $1 / 4 R$ turn stepping Rf to side - recover Lf
$5678 \quad 1 / 4 R$ turn stepping Rf to side - recover Lf - $1 / 2 R$ turn stepping Rf to side - recover Lf

Part D.
\# Section 1 . Weave , Cross , Hold , Shimmy , Touch , Flick
1234 Cross Rf over Lf - step Lf to side - cross Rf behind Lf - step Lf to side
5678 Cross Rf over Lf with shimmy 2count - touch Lf to side - lift heel Lf back
\#Section 2. Weave, Cross , Hold , Shimmy, Touch , Flick
1234 Cross Lf over Rf - step Rf to side - cross Lf behind Rf - step Rf to side
5678 Cross Lf over Rf with shimmy 2count - touch Rf to side - lift heel Rf back
\#Section 3. Jazz Box R turn $1 / 4$, Jazz box turn R turn $1 / 4$
1234 Cross Rf over Lf - $1 / 4$ R turn stepping Lf back - step Rf to side - cross Lf over Rf
5678
Cross Rf over Lf - $1 / 4$ R turn stepping Lf back - step Rf to side - cross Lf over Rf

## \#Section 4. Rocking Chair

1234 Rock Rf to forward - recover Lf - Rock Rf to back - recover Lf
5678
Step Rfforward - $1 / 4 L$ turn stepping on Rf - Step Rf forward - $1 / 4 L$ turn stepping on Rf
Last Update - 25 June 2023-R1

