

Vamp it Up!

Compte: 64

Mur: 2

Niveau: Intermediate

Chorégraphe: Nicola Lafferty (UK) - November 2013

Musique: 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!

Contact: nicola.h.lafferty@gmail.com
