

# Vitamin A

**COPPER** **NOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Absolute Beginner  
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音乐: Vitamin A (มองน่าน) - 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.....

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