

# Toma Vitamina

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**Count:** 64      **Wall:** 4      **Level:** Intermediate

**Choreographer:** Marja Urgert & Jan Van Tiggelen (April 2019)

**Music:** Toma Vitamina "By" Cacao, (Album: N°1 Pop & Latino Vol. 7)

**There is a 20 count Tag after the 1st and the 4th walls**

**Restart: in the 3rd wall**

**Intro: 64 Counts**

**Sec 1: Step fwd, Hold, Step Together, Rock fwd, Recover, Step Back, Step Back, Step Together, Back Rock, Recover**

**1-2&3-4RF. Step fwd - Hold - LF. Step together - RF. Rock fwd - LF. Recover**

**5-6&7-8RF. Step back - LF. Step back - RF. Step together - LF. Rock back - RF. Recover**

**Sec 2: Step fwd, 1/4 Turn R, Cross Shuffle, 1/2 Turn L, Shuffle fwd**

**1-2LF. Step fwd - 1/4 Turn R (3:00)**

**3&4LF. Cross over RF - RF. Step side to R side - LF. Cross over RF**

**5-6RF. 1/4 Turn L step back - LF. 1/4 Turn L step to L side (9:00)**

**7&8RF. Step fwd - LF. Step together - RF. Step fwd**

**Sec 3: Touch Toe fwd, Hold, Knee Pops, Back Rock, Recover, Hip bumps**

**1-2LF. Touch toe fwd - Hold**

**&3&4LF. Step together - RF. Pop knee fwd - RF. Step together - LF. Pop knee fwd**

**5-6LF. Rock back - RF. Recover**

**7&8LF. Step to L side bump hip to L - Bump hip to R - Bump hip to L (weight on LF)**

**Sec 4: Cross Rock, Recover, R Chasse, Cross Over, 1/4 Turn L, L Chasse**

**1-2RF. Cross rock over LF - LF. Recover**

**3&4RF. Step to R side - LF. Step together - RF. Step to R side**

**5-6LF. Cross over RF - RF. 1/4 Turn L staep back (6:00)**

**7&8LF. Step to L side - RF. Step together - LF. Step to L side **\*\*Restart Point\*\*****

**Sec 5: Cross Over, Step Back, Back Step-Lock-Step, Touch Toe Back, Unwind, fwd Step-Lock-Step**

**1-2RF. Cross over LF - LF. Step back**

**3&4RF. Step back - LF. Lock across RF - RF. Step back**

**5-6LF. Touch toe back - Unwind 1/2 turn L (weight on LF) (12:00)**

**7&8RF. Step fwd - LF. Lock behind RF - LF. Step fwd**

**Sec 6: Step fwd, 1/4 Turn R, Cross Rock, Recover, Side Rock, Recover, Behind-Side-Cross**

**1-2LF. Step fwd - 1/4 Turn R (3:00)**

**3-4-5-6LF. Cross rock over RF - RF. Recover - LF. Rock to L side - RF. Recover**

**7&8LF. Cross behind RF - RF. Step to R side - LF. Cross over RF**

**Sec 7: Side Rock, Recover, Shuffle fwd, Side Rock, Recover, Shuffle bwd**

**1-2RF. Rock to R side with hip bump - LF. Recover**

**3&4RF. Step fwd - LF. Step together - RF. Step fwd**

**5-6LF. Rock to L side with hip bump - RF. Recover**

**7&8LF. Step back - RF. Step together - LF. Step back**

**Sec 8: Back Rock, Recover, Shuffle 1/2 Turn L, Back Rock, Recover, Step fwd, Pivot 1/2 Turn R with a Hook**

**1-2RF. Rock back - LF. Recover**

**3&4** Shuffle 1/2 turn L stepping R,L,R (9:00)

**5-6LF. Rock back - RF. Recover**

**7-8LF. Step fwd - Pivot 1/2 turn R hook LF across L-knee (3:00)**

**Tag: After the 1st and 4th wall (3:00)**

**Heel Grind with a 1/4 Turn R, Back Rock, Recover 2x**

**1-2** Dig R heel forward with toe turned in - Grinding R heel make 1/4 turn right stepping back on L (6:00)

**3-4RF. Rock back - LF. Recover**

**5-6** Dig R heel forward with toe turned in - Grinding R heel make 1/4 turn right stepping back on L (9:00)

**7-8RF. Rock back - LF. Recover**

**Walk fwd with R,L,R, Point, Walk Back with L,R,L, Point**

**1-2-3-4RF. Step fwd - LF. Step fwd - RF. Step fwd - LF. Point toe to L side arms to L and snap your fingers**

**5-6-7-8LF. Step back - RF. Step back - LF. Step back - RF. Point toe to R side arms to R and snap your fingers**

**Walk 1/2 Turn R on 4 counts**

**1-4** Walk 1/2 turn R stepping R,L,R,L (3:00)

**Restart: In the 3rd wall after count 32, count 8 of the 4th block (12:00)**

**Contact: [marja42@kpnmail.nl](mailto:marja42@kpnmail.nl) / [co4ol72@kpnmail.nl](mailto:co4ol72@kpnmail.nl)**