

# The Vowel With Attitude

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**Count:** 32

**Wall:** 4

**Level:** Beginner +

**Choreographer:** Deborah A. O'Hara - July 2018

**Music:** Vowels by Capital Cities

## (32 Count Intro)

### Step Touch, Step Touch, Step, Clap Clap, Step touch, Step Touch, Step, Clap Clap

- 1 & Step on a 45 degree angle fwd right, touch L toe to right instep
- 2 & Step on a 45 degree angle back left, touch R toe to left instep
- 3 & 4 Step Back on right foot, allowing Left knee to pop. Clap Clap
- 5 & Step on a 45 degree angle fwd left, touch R toe to left instep
- 6 & Step on a 45 degree angle back right, touch L toe to right instep
- 7 & 8 Step Back on right foot, allowing Left knee to pop. Clap Clap

### Run Run Run, hitch swivel 1/4 Left, Run Run Run, Hitch swivel 1/8 Right

- 1 & 2 & Step Right on 45 degree angle R, Step L to R, Step R fwd, Hitch L knee & swivel 1/2 L to corner
- 3 & 4 & Step Left on 45 degree angle L, Step R to L, Step L fwd, Hitch R knee & swivel 1/8 R to front

### Rocking chair Fwd. and Back, Step Clap Clap

- 5 & 6 & Rock fwd with R, replace L, Rock back R replace L
- 7 & 8 Step Right fwd taking weight and clap clap

### Step Touch, Step Touch, Step Touch, Step

- 1 & 2 & Step back on Left, touch right to left instep, Step back on Right, touch left to Right instep
- 3 & 4 Step back on Left, touch right to left instep. take a big step back on R, allow L knee pop

### Cross, rock step out, Cross, Rock Step out

- 5 & 6 Cross Left over right, Rock right to side, replace weight on L
- 7 & 8 Cross Right over Left, Rock Left to side, replace weight on R

### Step L over R, Rock step 2X turning 3/4 L, clap clap

- 1&2&3&4 Step Left over Right, Rock step 2x while making 3/4 turn L, clap clap

## **Cross, rock step out, Cross, Rock Step out**

**5 & 6**      Cross Right over Left, Rock Left to side, replace weight on R

**7 & 8**      Cross Left over Right, Rock Right to side, replace weight on L

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**Last Update - 11th July 2018**