

Vital Signs (Human or Dancers)

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Count: 64

Wall: 2

Level: Improver

Choreographer: Audrey Watson (Scotland)

Music: Are we human by The Killers

Start dance on vocals - BPM:135

SECTION ONE: KICK, KICK, SAILOR STEP, KICK, KICK, SAILOR STEP.

- 1-2** Kick right foot fwd, kick right foot out to right side.
- 3&4** Cross right behind left, step left to left side, step right to right side.
- 5-6** Kick left foot fwd, kick left foot out to left side.
- 7&8** Cross left behind right, step right to right side, step left to left side.

SECTION TWO: CROSS, SIDE, BEHIND, SIDE. CROSS, SIDE, COASTER 1/4 TURN

- 1-2** Cross right over left, step left to left side.
- 3-4** Cross right behind left, step left to left side.
- 5-6** Cross right over left, step left to left side.
- 7&8** Turn $\frac{1}{4}$ right stepping back on right, step left next right, step fwd on right.

SECTION THREE: STEP KICK, COASTER STEP, STEP LOCK, STEP LOCK STEP.

- 1-2** Step fwd on left, kick right foot fwd.
- 3&4** Step back on right, step left to left side, step fwd on right.
- 5-6** Step fwd on left, lock right behind left.
- 7&8** Step fwd on left, lock right behind left, step fwd on left.

SECTION FOUR: $\frac{1}{4}$ TURN TOG, CHASSE, BACK ROCK, CHASSE.

- 1-2** Turn $\frac{1}{4}$ left stepping right to right side, close left beside right.
- 3&4** Step right to right side, step left next right, step right to right side.
- 5-6** Rock back on left, recover fwd on right.
- 7&8** Step left to left side, close right next left. Step left to left side.

SECTION FIVE: BACK TOUCH, BACK TOUCH, FWD TOUCH, FWD TOUCH.

- 1-2** Step back diagonally right on right foot, touch left next right. (Optional clap)

- 3-4 Step back diagonally left on left foot, touch right next left. (Optional Clap)
- 5-6 Step fwd diagonally right, touch left next right. (Optional Clap)
- 7-8 Step fwd diagonally left on left foot, touch right next left. (Optional clap)

SECTION SIX: 2 - ½ TURN MONTERAY (OR IF YOU DON'T LIKE TURNS: POINT TOES TO SIDE STARTING RIGHT, LEFT, RIGHT, LEFT.)

- 1-2 Touch right toe to right side, turn ½ right stepping right next left.
- 3-4 Touch left toe to left side, step left next right.
- 5-6 Touch right toe to right side, turn ½ right stepping right next left.
- 7-8 Touch left toe to left side, step left next right.

SECTION SEVEN: SIDE TOG. SHUFFLE BACK, SIDE TOG, SHUFFLE FWD.

- 1-2 Step right to right side, close left next right.
- 3&4 Shuffle back on right, left, right.
- 5-6 Step left to left side, close right next left.
- 7&8 Shuffle fwd on left, right, left.

SECTION EIGHT: FWD ROCK, SIDE ROCK, 2 X PIVOT ¼.

- 1-2 Rock fwd on right, recover back on left.
- 3-4 Rock right to right side, recover on left.
- 5-6 Step fwd on right, pivot 1/4 left.
- 7-8 Step fwd on right, pivot 1/4 left.

START AGAIN