

VULNERABLE (AKA ESCAPE)

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Count: 32

Wall: 4

Level: Beginner/Intermediate level

Choreographer: Vivienne Scott (July 07) Can

Music: Tired of Being Sorry or Amigo Vulnerable by Enrique Iglesias (CD: Insominia)

Start on the lyrics

Note: At the beginning of the dance, dance first 8 counts then start again

CROSS ROCK, SIDE SHUFFLE, CROSS LEFT OVER RIGHT 1/2 TURN, 1/2 TURN SIDE SHUFFLE

1-2

Cross rock right over left, rock back onto left

3&4

Step right to right side, step left beside right, step right to right side

5-6

Cross left over right turning 1/2 right

7&8

Cross left over right turning 1/2 right, step right beside left, step left to left side

HEEL SWITCHES, STEP LARGE SIDE RIGHT 1/4 TURN, TOE POINT 1/4 TURN, LEFT SAILOR STEP, STEP FORWARD, HOLD

9&10

Touch right heel forward, step right beside left, touch left heel forward

&11

Step left beside right, step right (large step) to right side turning 1/4 right

12

Touch point left toe forward turning 1/4 right (weight on right)

13&14

Cross left behind right, step right to right side, step left forward

15-16

Step forward right, hold (hands stretched out to the side for style)

CHASE TURN, STEP FORWARD, HOLD, CHASE TURN, HIP ROCKS

17&18

Step forward left turning 1/2 right, step right beside left, step forward left

19-20

Step forward right, hold (hands stretched out to the side for style)

21&22

Step forward left turning 1/2 right, step right beside left, step forward left

23-24

Rock forward on right bending knees and pushing right hip forward, rock back onto left bending knees and pushing left hip back (weight on left)

**SHUFFLE FORWARD, ROCK FORWARD, TWO COUNT FULL TURN TRAVELING BACK,
TURNING SAILOR STEP**

25&26

Step forward right, close left beside right, step forward right

27-28

Rock forward left, recover on right

29-30

Step left back turning 1/2 left, step right forward turning 1/2 turn left

31

Cross left behind right turning 1/4 left

&32

Step right to right side, step forward left (toe pointing slightly to the left diagonal for a flowing transition to step 1)

(Alternative for 31&32: Side Shuffle left with 1/4 turn left)

RESTARTS:

See above -- At the beginning of dance, dance the first eight counts then start again.

At the beginning of the 6th wall (facing 3 o'clock) dance the first eight counts then start again.

Enjoy!

Website