

# Toma Vitamina

Choreographed : Marja Urgert & Jan van Tiggelen (Apr 2019)  
Music : **Toma Vitamina** "By" **Cacao**, (Album: N°1 Pop & Latino Vol. 7)  
Descriptions : 64 count - 4 wall - Intermediate line dance  
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There is a 20 count tag after the 1st and the 4th wall  
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&3-4 RF. Step fwd - Hold - LF. Step together - RF. Rock fwd - LF. Recover  
5-6&7-8 RF. 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

1-2 LF. Step fwd - 1/4 Turn R (3:00)  
3&4 LF. Cross over RF - RF. Step side to R side - LF. Cross over RF  
5-6 RF. 1/4 Turn L step back - LF. 1/4 Turn L step to L side (9:00)  
7&8 RF. Step fwd - LF. Step together - RF. Step fwd

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

1-2 LF. Touch toe fwd - Hold  
&3&4 LF. Step together - RF. Pop knee fwd - RF. Step together - LF. Pop knee fwd  
5-6 LF. Rock back - RF. Recover  
7&8 LF. 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

1-2 RF. Cross rock over LF - LF. Recover  
3&4 RF. Step to R side - LF. Step together - RF. Step to R side  
5-6 LF. Cross over RF - RF. 1/4 Turn L staep back (6:00)  
7&8 LF. 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

1-2 RF. Cross over LF - LF. Step back  
3&4 RF. Step back - LF. Lock across RF - RF. Step back  
5-6 LF. Touch toe back - Unwind 1/2 turn L (weight on LF) (12:00)  
7&8 RF. 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

1-2 LF. Step fwd - 1/4 Turn R (3:00)  
3-4-5-6 LF. Cross rock over RF - RF. Recover - LF. Rock to L side - RF. Recover  
7&8 LF. Cross behind RF - RF. Step to R side - LF. Cross over RF

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

1-2 RF. Rock to R side with hip bump - LF. Recover  
3&4 RF. Step fwd - LF. Step together - RF. Step fwd  
5-6 LF. Rock to L side with hip bump - RF. Recover  
7&8 LF. 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

1-2 RF. Rock back - LF. Recover  
3&4 Shuffle 1/2 turn L stepping R,L,R (9:00)  
5-6 LF. Rock back - RF. Recover  
7-8 LF. 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)  
3-4 RF. 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)  
7-8 RF. Rock back - LF. Recover

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

1-2-3-4 RF. Step fwd - LF. Step fwd - RF. Step fwd - LF. Point toe to L side arms to L and snap your fingers  
5-6-7-8 LF. 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)