

# VULNERABLE (AKA ESCAPE)

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: Insomnia)

[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](#)