

NSCW 2025 Dance steps

“Vamonos” by Ivy States

Part 1

Intro:

- Face the back with your head down, feet apart, and arms crossed in front of you.
- Hold the guitar sound at the beginning and then lift your head slowly for 4 counts.
- Step behind yourself with your right foot to turn yourself around to the front.
- Bring your hands to your knees as you circle yourself down towards the right first. Then to the left.
- Clap 4 times beside your right ear. 4 times by your left ear.
- Then clap up, up, down, down, twice.

Verse 1:

- “What’s up” arms with the right heel tapping first, then close your feet together and cross your arm. Then the same thing with the left heel.
- X arms while you sway side to side 4 times (starting with the right side.)
- Punch both arms by your side while you stomp to the back with your right foot.
- Roll the dice with your right arm 2 times.
- Step right foot with a muscle arm, then left foot with a muscle arm.
- Jump facing the left and throw your arms in front of you.
- ‘Get down’ with your right arm stepping with your back foot. Same thing jumping to the other side now.
- Then jump center, while throwing your arms in front of you. Run 2 times slow, 2 times fast.

Pre Chorus:

- Slightly lean to the right and then the left, while cupping your mouth with the same arm you’re leaning towards. Like you’re telling someone a secret.
- 2 counts for each side while saying the words, “When I say Let’s Go, You say.” Jump 4 times with “concert arms.”
- Slide and clap to the front, going right first then left.
- Wave your hands in front of you while stepping back 4 times. Do this twice.

Part 2

Chorus:

- Grapevine to the right. Finish with a jump and a clap. Do this to the left as well.
- Step out together out together to the right while pressing your hands down towards the floor. Do this to the left as well. Do this sequence twice.
- Roll your arms by your right ear, by your left ear, by your right knee, by your left knee.
- Pivot turn to the back and stomp twice while clapping 2 times above your head. Do this sequence twice.

Verse 2:

- “What’s up” arms with the right heel tapping first, then close your feet together and cross your arm. Then the same thing with the left heel.
- X arms while you sway side to side 4 times (starting with the right side.)
- Punch both arms by your side while you stomp to the back with your right foot.
- Roll the dice with your right arm 2 times.
- Step right foot with a muscle arm, then left foot with a muscle arm.
- Jump facing the left and throw your arms in front of you.
- ‘Get down’ with your right arm stepping with your back foot. Same thing jumping to the other side now.
- Then jump center, while throwing your arms in front of you. Run 2 times slow, 2 times fast.

Pre Chorus:

- Slightly lean to the right and then the left, while cupping your mouth with the same arm you’re leaning towards. Like you’re telling someone a secret.
- 2 counts for each side while saying the words, “When I say Let’s Go, You say.” Jump 4 times with “concert arms.”
- Slide and clap to the front, going right first then left.
- Wave your hands in front of you while stepping back 4 times. Do this twice.”

Part 3

Shortened Chorus:

- Grapevine to the right. Finish with a clap. Do this to the left as well.
- Step out together out together to the right while pressing your hands down towards the floor. Do this to the left as well.
- Do this sequence twice.

Music Break:

- Step in the 4 corners of “your box.”
- Flick up, flick down with your right hand and then your left. Do this twice.
- On the third time, step in the 4 corners of “your box” then clap around your head. Do this twice.

Chorus with Ending:

- Grapevine to the right. Finish with a clap. Do this to the left as well.
- Step out together out together to the right while pressing your hands down towards the floor. Do this to the left as well. Do this sequence twice.
- Roll your arms by your right ear, by your left ear, by your right knee, by your left knee.
- Pivot turn to the back and stomp twice while clapping 2 times above your head. Do this sequence twice.
- End by jumping both feet out and pointing up with your right arm.