

Take A Bow

Count: 40

Wall: 2

Level: Improver

Choreographer: Mandy Teoh (MY) - July 2008

Music: Take a Bow - Leona Lewis



Count In: 32 counts from start of track

Step Back, Sweep, Cross Behind, Unwind Full Turn, Sailor, Sway, Side Together Side

- 1,2 &3 Step back on right (1) Sweep out left (2) Cross left behind right (&) Bend knees unwind full turn - left & sweep left out to left
- 4&5 Cross step left behind right (4) Step right to right side (&) Step left to left side with hips sway (5)
- 6,7 Sway hips to right (6) Sway hips to left (7)
- 8&1 Step right to right (8) Step left together beside right (&) Step right to right side (1)

Rock Back Side, Rock ½ Turn, Step, Triple Full Turn

- 2&3 Rock left behind right (2) Recover on right (&) Step left to left side
- 4&5 Rock back on right (4) Recover on left (&) Turn ½ left stepping back on right (5)
- 6,7 Rock back on left (6) Recover on right (7)
- 8&1 Triple full turn left (stepping L , R , L)

Back, Recover, Step ½ Turn, Bend R Slide L Out, Straighten Up, Step ½ Turn, Side

- 2,3,4 Step back on right (2) Recover on left (3) Step forward on right (4)
- 5,6,7 On the ball of right ½ turn R touch left beside right (slightly diagonal right) (5)- right knee bend & slide left out to left (6) Straighten right foot & slide left foot back close to right & touch beside right (7)
- 8&1 Step forward on left (8) step right forward pivot ½ turn L weight remain on right (&) Step left to left side (1)

Rock Back, Recover, 1/4 Turn, 1/4 Turn, Cross, Recover, Step Together & Sweep, Right Sailor

- 2,3 Rock back on right (2) Recover on left (3)
- 4&5 ¼ turn left stepping right back (4) ¼ turn left step left to left (&) Cross right over left (5)
- 6&7 Recover on left (6) Step right to right (&) Step left next to right and knock out right & sweep right - out to right (7)
- 8&1 Cross right behind left (8) Step left to left side (&) Step right forward (1)

Restart: 1 restart here on 3rd wall , AFTER 6 & 7 sweep out right, replace right sailor 8&1 with - 8& rock right back & recover on left & restart dance from beginning

Tag: 2nd tag OCCURRED here on 5th rotation, AFTER completing the right sailor 8 & 1, add 1 count - rock left forward & restart dance from beginning

Walk Forward Left Right, Pivot ½ Turn Right Step, Sweep Right & Left, Rock Recover

- 2 , 3 Step left forward, step right forward with style
- 4 & 5 Step forward left, pivot ½ turn right, step left forward
- 6 , 7 Sweep right from back to front step across left, sweep left from back to front step across right
- 8 & Rock forward on right recover on left

Tag: ADD 2 count tag here after completing 1st rotation - 1 , 2 rock back on right & recover on left