

# Arrow

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Magali Bérenger (FR) - June 2018  
音乐: Arrow - Rag'n'Bone Man



**Intro - 36 counts (the 4 last counts of the intro are a break) counter clockwise**

## **SCT 1 : Fwd, Point, Fwd, Point, Walks, Touch**

1 - 2      Step RF fwd, Point LF on left side  
3 - 4      Step LF fwd, Point RF on right side  
5 - 6      Walk RF, Walk LF  
7 - 8      Walk RF, Touch LF next to RF

## **SCT 2 : Walks back, Touch, Knees Bend**

1 - 2      Step LF back, Step RF back  
3 - 4      Step LF back, Touch RF next to LF  
5 - 6      Slightly towards right fwd diagonal : Open both feet and knees bending knees, Close feet to a normal standing position  
7 - 8      Slightly towards left fwd diagonal : Open both feet and knees bending knees, Close feet to a normal standing position

## **SCT 3 : Vine to the right, Touch, Vine to the left ,Touch**

1 - 2      Step RF on right side, Cross LF behind RF  
3 - 4      Step RF on right side, Touch LF next to RF  
5 - 6      Step LF on left side, Cross RF behind LF  
7 - 8      Step LF on left side, Touch RF next to LF

## **SCT 4 : Toe struts, Toes Twists**

1 - 2      Step Right toe fwd, Drop right heel  
3 - 4      Step Left toe fwd, Drop left heel  
5 - 6      Step LF on left side making 1/4 turn right (3:00), Pivot 1/2 turn left (9:00)  
7 - 8      Pivot 1/2 turn right (3:00), Pivot 1/2 turn left (9:00)

**(Move your shoulders to help and stay on toes on counts 5 to 8)**

**General styling of the dance : be soft on the verses, and put a lot of energy on the choruses, raise your hands as you like, be yourself !**

**Begin again with a smile**

**MAGALI BÉRENGER A.K.A MONTANA MAG © Montana Mag june. 2018**

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