

Arrow

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Magali Bérenger (FR) - June 2018
音樂: 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

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