

Bow Down

拍數: 32 牆數: 4 級數: Improver
編舞者: Yudha Alfattar (INA) - March 2021
音樂: Bow Down (feat. Noizy) - Enca



Samba Wisk, Volta turn 1/4 R, traveling turn 1/2 L

1 a2 Step R to Right - Step L behind R - Recover R
3 a4 Step L to left - Step R behind L - Recover L
5&6 Step R turn 1/4 R - Step L behind R - Step R forward
7&8 Step L Forward - Step R back turn 1/4 L - Step L back

Coaster Forward, Lock Shuffle, Walk RL, Hip Bump

1&2 Step R back - Step L beside R - Step R forward
3&4 Step L forward - Step R behind L - Step L forward
5 - 6 Step R forward - Step L forward
7&8 Step R touch R bump out - in out

Restart on Wall 2(do 16 count)

Back Sweep RL, Anchor step, sailor turn 1/4 left, mambo

1-2 Step R Sweep back - Step L Sweep back
3&4 Step R back - Recover L - Recover R
4&5 Step L back turn 1/4 L - Recover R - Step L to left
7&8 Step R to Right - recover L - Step R beside L

Volta turn 1/4 L, Volta turn 1/2 R, Out LR, Coaster step

1&2 Step forward turn 1/4 L - Step R behind L - Step L forward
3&4 Step R forward turn 1/2 Right - Step L behind R - Step R forward
5 - 6 Step L out - Step R out
7&8 Step L back - Step R beside L - Step L forward

No tag !! Enjoy the Dance...

Contact : yudha_aft@yahoo.co.id

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