

Take A Bow

COPPERKNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Sebastiaan Holtland (NL) - April 2008
音樂: Take a Bow - Rihanna : (written & prod By Ne-Yo & Stargate 08)



Start the dance at facing 12:00, Intro: 32 counts

(1-8) 1/2 STEP PIVOT, 1 1/4 TURN L, STEP OUT , BODY ROLL, SIT WITH QUARTER TURN L, LOCK STEP FWD

- 1-2 (1) Step forward on Rf,(2) pivot 1/4 left take weight onto Lf (6)
3&4 (3)step Rf next to Lf,(&)turning full left on the both feet step forward on Lf,(4) continue 1/4 turn left and step Rf out to the right side weight onto both feet (3)
5 (5) Begin a body roll
6 (6) Ending body roll with 1/4 turn left and sit take weight onto Rf (12)
7&8 (7) Step forward on Lf,(&) lock Rf behind Lf,(8) step forward on Lf weight onto Lf (12)

(9-16) 1/4 TURN L, SIDE MAMBO, TOUCH, KICK & SIDE ROCK / RECOVER , KICK & POINT, SAILOR CROSS

- 1&2 (1) Turn 1/4 left and mambo Rf to the right side,(&) recover on Lf,(2) touch Rf next to Lf weight onto LF (9)
3&4& (3) Kick forward on Rf,(&) step Rf back in place,(4) rock Lf to the left side, (&) recover on Rf weight onto Rf
5&6 (5) Kick forward on Lf,(&)step Lf back in place,(4) point Rf out to the right side (9)
7&8 (7) Step Rf behind Lf,(&)step Lf to the left side,(8) step Rf across Lf take weight onto both feet (9)

(17-24) FULL RONDÉ DE JAMBRE, SAILOR CROSS, ROCK / RECOVER WITH QUARTER TURN L, STEP FWD, MAMBO STEP

- 1-2 (1) Turning full on both feet,(2) lift your L leg up and rondé him from front to back
3&4 (3) step Lf behind Rf,(&) step Rf to the right side,(4) step Lf across Rf weight onto Lf (9)
5&6 (5) Step Rf to the right side,(&) turn 1/4 left take weight onto Lf,(6) step forward on Rf weight onto Rf (6)
7&8 (7) Mambo forward on Lf,(&) recover on Rf,(8) step Lf next to Rf take weight onto Lf (6)

RESTART: From here on the 3rd wall you get restart AFTER the steps 7&8 from the third section

(25-32) RUNNING FWD L-R, RISING KICK FWD, STEP BACK, 1/2 TURN L STEP FWD, STEP FORWARD, CROSS ROCK / RECOVER, 1/4 TURN L, CROSS, 1/2 UNWIND L

- 1&2 (1) Run forward on Rf,(&) run forward on Lf,(2) rise left heel up and kick forward on Rf holding weight onto left toes (6)
3&4 (3) step left heel back in place and stepping back on Rf,(&) turn 1/2 left and stepping forward on Lf,(4) stepping forward on Rf weight onto Rf (12)
5&6 (5) Cross rock forward on Lf,(&) recover on Rf,(6) turn 1/4 left and step Lf to the left side weight onto Lf (9)
7-8 (7) Step Rf across Lf,(8) unwind 1/2 left take weight onto Lf (3)

START THE DANCE AGAIN AND HAVE FUN