

Take A Bow

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Intermediate / Advanced NC2S
編舞者: Niels Poulsen (DK) - June 2008
音樂: Take a Bow - Rihanna : (CD Single)



Phrasing sequence is: 32 (intro), 32, 32, 24, 32, 32, 24, 32, 32, 30.

Intro: 32 counts from first beat (app. 23 seconds into track). Start with weight on R foot.

(1 – 8) Lunge, back back turn ½ R, jazz box ¼ L, step lock step, step ½ turn R

- 1 Lunge (rock) fw on L foot leaving R leg straightened (12:00)
2&3 Push off L recovering back on R, step back on L, turn ½ R stepping fw on R and sweeping L foot in front of R (06:00)
4&5 Cross L over R, step back on R, turn ¼ L stepping fw on L (03:00)
6&7 Step fw on R, lock L behind R, step fw on R (03:00)
8& Step fw on L, turn ½ R (weight R) (09:00)

(9 – 16) ¾ turn R with sweep kick, side cross, basic R, ½ R sweep, side cross, basic R, side L

- 1 Make a quick ½ R stepping back on L sweep kicking R foot slightly off the floor turning ¼ R on L foot (06:00)
2&3 Step down on R and to R side, cross L in front of R, step R a big step to R side (06:00)
4&5 (4) Close L behind R, (&) cross R over L, (5) turn ¼ R stepping back on L starting to sweep R in front of you turning another ¼ R on L (completing your ½ turn R) (12:00)
6&7 Step down on R and to R side, cross L in front of R, step R a big step to R side (12:00)
&8& Close L behind R, cross R over L, step L to L side (12:00)

(17 – 24) Touch R behind L, full R unwind, cross, side rock ¼ L, paddle ½ turn L X 2, step ¾ spiral turn L

- 1 Touch R behind L (12:00)
2 – 3 (2) Unwind a full turn R shifting weight to R foot, (3) sweep L foot in front of R (12:00)
4&5 Step down on L, rock R to R side, recover back on L turning ¼ L (09:00)
6&7& Step fw on R, make ½ turn L (weight L), Step fw on R, make ½ turn L (weight L) (09:00)
8& Step fw on R, turn ¾ L on R foot obtaining a spiral effect ending with L leg crossed in front of R (weight R). (12:00)

Restarts here on wall 3 (facing 6:00) and wall 6 (facing 12:00)

(25 – 32) Lunge, back back back, together fw fw, hitch ¼ L, cross, side rock

- 1 Lunge (rock) fw on L foot leaving R leg straightened (12:00)
2&3 Push off L recovering back on R, step back on L, step back on R (12:00)
4&5 Bring L next to R, step fw on R, step fw on L (12:00)
6 – 7 Hitch R turning ¼ L on L foot, cross R in front of L (09:00)
8& Rock L to L side, recover weight back to R (09:00)

Begin again!...

Ending On your 9th wall you will be dancing up to count 30. However, rather than turning ¼ L (on count 30) you turn ½ L to end facing 12:00 (12:00)

TWO restarts: On wall 3 and 6.

Do the first 24 counts and restart dance

(The restarts are always after Rihanna has sung 'take a bow...').

First restart is towards (6:00), next is towards 12:00).

