

Take A Bow

拍數: 40 牆數: 2 級數: Improver
編舞者: Mandy Teoh (MY) - July 2008
音樂: Take a Bow - Leona Lewis



Count In: 32 counts from start of track

Step Back,Sweep,Cross Behind,Unwind Full Turn,Sailor,Sway,Side Together Side

1,2 &3 Step back on right (1) Sweep out left (2) Cross left behind right (&) Bend knees unwind full turn - left & sweep left out to left
4&5 Cross step left behind right (4) Step right to right side (&) Step left to left side with hips sway (5)
6,7 Sway hips to right (6) Sway hips to left (7)
8&1 Step right to right (8) Step left together beside right (&) Step right to right side (1)

Rock Back Side,Rock ½ Turn,Step,Triple Full Turn

2&3 Rock left behind right (2) Recover on right (&) Step left to left side
4&5 Rock back on right (4) Recover on left (&) Turn ½ left stepping back on right (5)
6,7 Rock back on left (6) Recover on right (7)
8&1 Triple full turn left (stepping L , R , L)

Back,Recover,Step ½ Turn,Bend R Slide L Out,Straighten Up,Step ½ Turn,Side

2,3,4 Step back on right (2) Recover on left (3) Step forward on right (4)
5,6,7 On the ball of right ½ turn R touch left beside right (slightly diagonal right) (5)- right knee bend & slide left out to left (6) Straighten right foot & slide left foot back close to right & touch beside right (7)
8&1 Step forward on left (8) step right forward pivot ½ turn L weight remain on right (&) Step left to left side (1)

Rock Back,Recover,1/4 Turn,1/4 Turn,Cross, Recover, Step Together & Sweep, Right Sailor

2,3 Rock back on right (2) Recover on left (3)
4&5 ¼ turn left stepping right back (4) ¼ turn left step left to left (&) Cross right over left (5)
6&7 Recover on left (6) Step right to right (&) Step left next to right and knock out right & sweep right - out to right (7)
8&1 Cross right behind left (8) Step left to left side (&) Step right forward (1)

Restart: 1 restart here on 3rd wall , AFTER 6 & 7 sweep out right, replace right sailor 8&1 with - 8& rock right back & recover on left & restart dance from beginning

Tag: 2nd tag OCCURRED here on 5th rotation, AFTER completing the right sailor 8 & 1, add 1 count - rock left forward & restart dance from beginning

Walk Forward Left Right, Pivot ½ Turn Right Step, Sweep Right & Left, Rock Recover

2 , 3 Step left forward, step right forward with style
4 & 5 Step forward left, pivot ½ turn right, step left forward
6 , 7 Sweep right from back to front step across left, sweep left from back to front step across right
8 & Rock forward on right recover on left

Tag: ADD 2 count tag here after completing 1st rotation - 1 , 2 rock back on right & recover on left