

# Panah Asmara

**COPPER** **KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Ning Puspawati (INA) & Djoko Sutikno (INA) - June 2025  
音乐: Panah Asmara - Afgan



Intro: 60 counts (free style)

Tag (free style) 4 counts :

After Wall 2 , and After Wall 6

Restart: on wall 12 , after 28 counts

## SECTION 1 : (12.00) STEP BACK, RECOVER, CHASSE

- 1 2 3&4      (1) Step RF back, (2) Recover on LF, (3) Step RF to right, (&) Step LF beside RF, (4) Step RF to right  
5 6 7&8      (5);Step LF back, (6) Recover on RF, (7) Step LF to left, (&) Step RF beside LF, (8) Step LF to left.

## SECTION 2 : (12.00) SHUFFLE FORWARD, STEP BACK, CLOSED

- 1&2      (1) Step RF forward, (&) Step LF forward beside RF, (2) Step RF forward  
3&4      (3) Step LF forward, (&) Step RF forward beside LF, (4) Step LF forward  
5 6 7 8      (5) Step RF back, (6) Step LF back, (7) Step RF back, (8) Closed LF

## SECTION 3 : (12.00) TOUCH TOE IN, TOUCH HEEL OUT, CROSS CHA CHA

- 1 2      (1) Touch right Toe slightly in front of LF with body swivel diagonally to left, (2) Touch right Heel out with body swivel diagonally to right  
3&4      (3) Cross RF over LF, (&) Step LF to left little bit behind RF, (4) Step RF to left  
5 6      (5) Touch left Toe slightly in front of RF with body swivel diagonally to right, (6) Touch left Heel out with body swivel diagonally to left  
7&8      (7) Cross LF over RF, (&) Step RF to right little bit behind LF, (8) Step LF to right

## SECTION 4 : (12.00) PIVOT 1/4 LEFT, KICK BALL CHANGE, LIFT UP BOTH HEEL, STEP BOTH HEEL DOWN

- 1 2      (1) Step RF forward, (2) 1/4 Turn left (facing 09.00) change body weight to LF  
3&4      (3) Kick ball RF forward, (&) Step RF in place, (4) Step LF in place  
5 6      (5) Lift both heel up, (6) Step both heel down  
7 8      (7) Lift both heel up, (8) Step both heel down