

Take A Bow

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate / Advanced NC2S
编舞者: Niels Poulsen (DK) - June 2008
音乐: 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 $\frac{1}{2}$ R, jazz box $\frac{1}{4}$ L, step lock step, step $\frac{1}{2}$ 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 $\frac{1}{2}$ 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 $\frac{1}{4}$ 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 $\frac{1}{2}$ R (weight R) (09:00)

(9 – 16) $\frac{3}{4}$ turn R with sweep kick, side cross, basic R, $\frac{1}{2}$ R sweep, side cross, basic R, side L

- 1 Make a quick $\frac{1}{2}$ R stepping back on L sweep kicking R foot slightly off the floor turning $\frac{1}{4}$ 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 $\frac{1}{4}$ R stepping back on L starting to sweep R in front of you turning another $\frac{1}{4}$ R on L (completing your $\frac{1}{2}$ 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&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 $\frac{1}{4}$ L, paddle $\frac{1}{2}$ turn L X 2, step $\frac{3}{4}$ 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 $\frac{1}{4}$ L (09:00)
- 6&7& Step fw on R, make $\frac{1}{2}$ turn L (weight L), Step fw on R, make $\frac{1}{2}$ turn L (weight L) (09:00)
- 8& Step fw on R, turn $\frac{3}{4}$ 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 $\frac{1}{4}$ 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 $\frac{1}{4}$ 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 $\frac{1}{4}$ L (on count 30) you turn $\frac{1}{2}$ 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).

