

Panah Asmara

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Ning Puspawati (INA) & Djoko Sutikno (INA) - June 2025
音樂: 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