

# Take A Bow

Choreographer: Niels B. Poulsen (Denmark)

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Date of choreography: June 6, 2008

Release venue/date: Newline Denmark, June 14 2008



Type of dance: 32 counts. 4 walls. Night club 2 step (84 bpm).

Level: Int/adv.

2 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.  
Phrasing sequence is: 32 (intro), 32, 32, 24, 32, 32, 24, 32, 32, 30.

Music: 'Take a bow' by Rihanna (single). Buy on iTunes

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

YouTube video: <http://www.youtube.com/watch?v=lhcfXkJpfjE> (Walk-through and demo)

Counts	Footwork	End facing
<b>1 – 8</b>	<b>Lunge, back back turn ½ R, jazz box ¼ L, step lock step, step ½ turn R</b>	
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
<b>9 – 16</b>	<b>¾ turn R with sweep kick, side cross, basic R, ½ R sweep, side cross, basic R, side L</b>	
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
<b>17 – 24</b>	<b>Touch R behind L, full R unwind, cross, side rock ¼ L, paddle ½ turn L X 2, step ¾ spiral turn L</b>	
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). <i>Restarts here on wall 3 (facing 6:00) and wall 6 (facing 12:00)</i>	12:00
<b>25 – 32</b>	<b>Lunge, back back back, together fw fw, hitch ¼ L, cross, side rock</b>	
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
	<b><i>Begin again!...</i></b>	
<i>Ending</i>	<i>On your 9<sup>th</sup> 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</i>	12:00