Iconic

Count: 64 **Wall:** 2 **Level:** Phrased Advanced
Choreographer: Dustin Valcalda (USA) - May 2023
Music: Bow Down - Alibi Music

**** 1st Place Winner of USLDCC Phrased Championship ****

Intro: 36 Counts / 16 Seconds / Weight starts left foot
Sequence: A, A, B, B, Tag 1, A, A, Tag 2, B, B, Tag 3, B- (counts 17-32), Tag 4, B

Section A (32 Counts)
[1-8] R Wizard, L Heel, Ball Cross, ½ Turn R, Cross Triple

1-2&	Step RF diagonal R, Lock LF behind RF, Step RF side 12:00
3&4	Touch L Heel forward, Ball LF, Cross RF over LF 12:00
5-6	Turn ¼ R stepping LF to L, Turn ¼ R stepping RF to R 6:00
7&8	Cross LF over RF, Step RF to R, Cross LF over RF 6:00

[9-16] Side Rock, Behind, Side, Cross, ¾ Turn L, L Coaster Step

1-2	Rock RF to R side, Recover LF 6:00
3&4	Step RF behind LF, Step LF to L, Cross RF over LF 6:00
5-6	Turn ¼ L stepping LF to L, Turn ½ L stepping RF back 9:00
7&8	Step LF back, Close RF next to LF, Step LF forward while extending arms forward with fists clenched 9:00

[17-24] R Power Hitch, Heel Taps, ¼ Pivot R, Kick Ball Point

1-2	Hitch R knee while bringing elbows back to side, Step RF forward 9:00
3&4&	Touch LF Heel, Ball LF, Touch RF Heel, Ball RF 9:00
5-6	Step LF forward, Pivot ¼ R shifting weight onto RF 12:00
7&8	Kick LF, Ball LF, Point RF to R side 12:00

[25-32] Ball Point, Ball Point Hitch, 3⁄8 Jazz Box Cross, 7⁄8 Pencil Turn L

&1&2	Ball RF next to LF, Point LF to L side, Ball LF next to RF, Point RF to R Side 12:00
&3-4	Hitch RF, Cross RF over LF, Turn 3⁄8 R stepping LF back 4:30
5-6	Step RF to R, Cross LF over RF 4:30
7-8	Pencil turn 7⁄8 L stepping RF to R, Step LF forward 6:00

Section B (32 Counts)
[1-8] R Rock, R Ball, ¾ Pivot R, Step L side w/ R Hitch, Step R side w/ L Hitch

1-2&	Rock RF forward, Recover LF, Ball RF 12:00
3-4	Step LF forward, Pivot ¾ R shifting weight onto RF 6:00
5-6	Step LF to L side, Hitch R knee 9:00
7-8	Step RF to R, Hitch L knee 9:00

Optional Styling Note: Song will regularly say 'bow down' during the Rock Step of this section (count 1-2), put both hands up and bend R knee lower to mimic a bowing motion while rocking.

[9-16] Ball Cross, Side, Behind, Side ¼ L, Step, ½ Pivot R, Step ½, Hitch

&1-2	Ball LF, Cross RF over LF, Step LF to L 9:00
3&4	Step RF behind LF, turning ¼ L step LF to L, step RF forward 6:00
5&6	Step LF forward, Pivot ½ R shifting weight onto RF 12:00
7-8	Turning ½ R step LF forward, Hitch R knee 6:00

[17-24] Diagonal Back R, Diagonal Back L, R Side Mambo, L Side Mambo

1-2	Step RF diagonally back, close LF next to RF 6:00

3-4	Step LF diagonally back, close RF next to LF 6:00
5&6	Rock RF to R, Recover weight LF, close RF next to LF 6:00
7&8	Rock LF to L, Recover weight RF, close LF next to RF 6:00

Styling Note: Lift arms up shoulder height perpendicular across chest w/ elbows bent, elbow out and back in w/ respective foot

[25-32] V Step, R Wizard, L Wizard

1-2	Step RF diagonally forward, Step LF side 6:00
3-4	Step RF home, step LF together 6:00
5-6&	Step RF diagonally forward, Lock LF behind RF, Step RF side 6:00
7-8&	Step LF diagonally forward, Lock RF behind LF, Step LF side 6:00

Dance End Note: Song ends with the words "bow down" after the final Wizard Step, collect both feet and do a full bow with arms outstretched to the sides.

TAG 1 - 4 counts - occurs after the second sequence of section B

1-3	Step RF next to LF while putting both R and L arms out and bowing (hold this pose) 12:00
4	Stand up straight (weight favoring LF) 12:00

Dance continues at start of section A (R Wizard Step)

TAG 2 - 16 counts - occurs after 4th sequence of section A

1-8	Stomp RF next to LF while "Wooing" for 8 seconds (or as long as you can) 12:00
9-10	Ball LF behind RF, Cross RF over LF 12:00
11-14	Spin/Unwind 1½ L to 6:00, HOLD (14) 6:00
15-&-a-16-&-a	Running Man in place with percussions R,L,R,L,R,L (these are VERY FAST, see demo) 6:00

Dance continues at start of section B (R Rock Step)

Tag 3 - 20 counts - occurs after 4th sequence of section B
[1-8] ½ Pivot L, Full Turn, R Wizard, L Wizard

1-2	Step RF forward, Pivot ½ L shifting weight to LF 12:00
3-4	Turn ½ L stepping RF forward, turn ½ L stepping LF back 12:00
5-6&	Step RF diagonally forward, Lock LF behind RF, Step RF side 12:00
7-8&	Step LF diagonally forward, Lock RF behind LF, Step LF side 12:00

[9-20] ½ Pivot L, Full Turn, Superhero Kneel and Hold, Stand Up

1-2	Step RF forward, Pivot ½ L shifting weight to LF 6:00
3-4	Turn ½ L stepping RF forward, Turn ½ L stepping LF back 6:00
5-10	Drop down onto L knee with R knee bent (5), Hold (6-11) (optional: 'slam' R fist to floor) 6:00
11-12	Quickly stand up (weight favoring LF) 6:00

Dance continues at count 17 of section B (diagonal back R).
Note: Percussions will be hitting VERY hard during this portion of section B, throw your weight and elbows hard into these steps.

Tag 4 - 8 counts - occurs after the partial section of B (17-24)
[1-8] Body goes 'limp', recollect yourself as music audibly 'winds' back up, point R arm R, point L arm L, put both hands straight up w/ elbows bent

1-2	Step RF shoulder width by LF, drop head and slouch shoulders 6:00
3-4	Hold 6:00
5-6	Move your body in a circular motion back up from the slouched position 6:00
7&8	Point R arm to R with index finger pointed, Point L arm to L with index finger pointed, bend both elbows bringing arms up 90° with hands fully open 6:00

Note: Arm movements coincide with lyrics saying "you better bow" with "down" hitting your final section of B's Rock Step.
Accentuate a bowing motion during this rock to match lyrics.

Dance continues with final section of B (R Rock Step).

Last Update: 16 Jul 2023