

Better Knock

Count: 52

Wand: 4

Ebene: Phrased Advanced Cha Cha



Choreograf/in: Lilian Lo (HK) - April 2016

Musik: Knock On Wood - Seal : (Album: Soul - iTunes and Amazon.com - 3:20)

Count in: 16 counts - A - 32, B - 20, Tag -20

Phrasing: AAB AAB Tag AAB AAA

Part A: 32 counts

A(1 – 8) Side, fwd check, replace, back lock step, ronde, Latin cross, ½ R, close L, R fwd, ½ L, close L, point R

1 2 3 4&5 Step R to side (1), check L fwd (2), replace on R (3), step L back (4), cross R in front (&), step L back and ronde R (5) @ 12:00

6&7 8&1 Cross R behind (6), make ½ turn R closing L (&), step R fwd (7), hold (8), make ½ turn L closing L (&), point R to side (1) @ 12:00

A(9 – 16) 3 circular walks fwd, side, behind, replace, diagonal fwd, behind, replace, diagonal fwd

2 3 4 5 Make 1/8 turn R stepping R fwd (2), make ¼ turn R stepping L fwd (3), make 1/8 turn R stepping R fwd (4), make ¼ turn R stepping L to side (5) @ 9:00

6&7&8&1 Cross R behind L (6), replace on L (&), step R diagonally R fwd (7), cross L behind R (8), replace on R (&), step L diagonally L fwd (1) @ 9:00

A(17 – 24) Kick, out, out, body roll, ¼ R, point L, 1/8 turn L

2&3 4 5 Kick R across L (2), step R to side (&), step L to side (3), make body roll facing L ending with weight on R (4, 5) @ 9:00

6&7 8 1 Hold (6), make ¼ turn R on R hitching L (&), point L to side bending R knee (7), hold (8), make 1/8 turn L transferring weight to L (1) @ 10:30

A(25 – 32) Cuban breaks, cross, back, back, cross, back, ¼ R, side

2&3&4&5 Make ¼ turn L crossing R fwd (2), replace on L (&), step R to side (3), replace on L (&), make 1/8 turn L crossing R fwd (4), replace on L (&), make ¼ turn R stepping R to side (5) @ 6:00

6&7&8&a Hold (6), make ¼ turn L crossing L in front (&), make small step stepping R diagonally R backward (7), step L diagonally L backward (&), cross R in front (8), make small step stepping L diagonally backward (&), make ¼ turn R (a) @ 9:00

Part B: 20 counts

B(1 – 8) Side, rock R L, replace on R, ¼ R, side, ¼ L, check fwd, replace, ¼ R, ronde, Latin cross, step L, R fwd

1 2 3 4&5& Step R to side, even weight (1), rock R (2), rock L (3), replace on R (4), make ¼ turn R collecting L to R (&), step L to side (5), make ¼ turn R (&) @ 12:00

6 7 8&1 Check R fwd (6), replace on L (7), make ¼ turn R and ronde R crossing R behind (8), step L in place (&), step R fwd (1) @ 3:00

B(9 – 16) ¼ R, side, 1/2 R flick R behind, side, 1/8 L, R fwd, 1/8 R, check L, replace, ronde L, Latin cross, ½ turn L, close R, L fwd

2 3 4&5 Make ¼ turn R stepping L to side (2), make ½ turn R flicking R behind and across L (3), Transfer weight to R (4), step L to side (&), make 1/8 turn L stepping R fwd (5) @ 10:30

6 7 8&1 Make 1/8 turn R checking L fwd (6), replace on R ronde L (7), cross L behind (8), make ½ turn L closing R (&), step L fwd (1) @ 6:00

B(17 – 20) ½ R, R in place, L fwd

2 3 4 Make ½ R stepping R in place (2), hold (3), step L fwd (4) @ 12:00

Tag: 20 counts

T(1 – 8) Step diagonal R, hip rock, step diagonal L, hip rock

1 2 3 4 Step R diagonally R rocking hip 4 x (1,2,3,4) @12:00
5 6 7 8 Step L diagonally L rocking hip 3 x (5,6,7), rock hip ending with weight on L (8) @ 12:00

T(9 – 16) 3 circular walks fwd, ½ R, close, side, close, side

1 2 3 4 Make 1/8 turn R stepping R fwd (1), make 1/8 turn R stepping L fwd (2), make ¼ turn R stepping R fwd (3), hold (4) @ 6:00

&5 6&7 8 Make ½ turn R closing L to R (&), step R to side (5), hold (6), close L to R (&), step R to side (7), hold (8) @ 12:00

T(17 – 20) Hip roll

1 2 3 4 Hip roll L to R (1,2,3), weight change to L (4) @ 12:00

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