

Knock 'n' Run

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Liam Hrycan (UK)

Musik: Some Days You Gotta Dance - The Chicks



When dancing to the "Some Days You Gotta Dance" by Dixie Chicks, read the notes about the dance in the sheet. They are not TAGS, just repeats... so don't panic!

RIGHT FORWARD ROCK/RECOVER, RIGHT BACK ROCK/RECOVER, RIGHT FORWARD ROCK/RECOVER, RIGHT STEP BACK (½-RIGHT)/LEFT STEP BESIDE RIGHT

- 1-2 Rock right foot forward, recover weight back onto left foot
- 3-4 Rock right foot back, recover weight onto left foot
- 5-6 Rock right foot forward, recover weight back onto left foot
- 7-8 Step right foot back a ½ turn right, step left foot to place beside right

RIGHT SIDE STEP/LEFT TOE TOUCH, LEFT SIDE STEP/RIGHT KICK, RIGHT SIDE STEP/LEFT KICK, LEFT SIDE STEP (¼-LEFT)/RIGHT SCUFF FORWARD

- 9-10 Step right foot to right side, touch left toe beside right foot
- 11-12 Step left foot to left side, kick right foot across left leg
- 13-14 Step right foot to right side, kick left foot across right leg
- 15-16 Step left foot to left side a ¼ turn left, scuff right foot forward

RIGHT GRAPEVINE WITH LEFT KICK, LEFT SIDE STEP (¼-LEFT)/RIGHT SCUFF FORWARD, RIGHT STEP/½ PIVOT LEFT

- 17-18 Step right foot to right side slightly forward, step left foot behind right
- 19-20 Step right foot to right side, kick left foot across right leg
- 21-22 Step left foot to left side a ¼ turn left, scuff right foot forward
- 23-24 Step right foot forward, pivot a ½ turn left (weight ending on left foot)

On wall 4, you will have finished the ½ pivot left, and will be facing the right side wall (3:00) with the weight on your left foot. Here, instead of continuing the dance through steps 25-32, you start the dance again with step 1, etc

STOMPS FORWARD AND APART (RIGHT,LEFT), FINGER CLICKS (RIGHT,LEFT), CLAP HANDS TWICE, RIGHT STEP/¼ PIVOT LEFT

- 25-26 Stomp both feet forward, a shoulder width apart - right, left
- 27-28 Click right fingers at face height, click left fingers at face height
- 29-30 Clap hands twice at face height (weight ending on left foot)

On wall 9, you will have finished the double clap, and will be facing the left side wall (9:00) with the weight evenly distributed between both feet. Here, instead of continuing the dance through steps 31,32, you repeat steps 25-30, and then start the dance again with step 1, etc. You actually miss out steps 31 and 32 on this wall

- 31-32 Step right foot forward, pivot a ¼ turn left (weight ending on left foot)

REPEAT