

Knock Yourself Out

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Maggie Gallagher (UK)

Musik: Knock Yourself Out - Toby Keith



FORWARD, ROCKS, LEFT BACK LOCK, ROCKS, ½ LEFT, SIDE STEP LEFT

- 1-2-3 Step forward on right, rock forward on left, rock back onto right 12
4&5 Step back on left, lock right in front of left, step back on left (left back lock step)
6-7 Rock back onto right, rock forward onto left
8& ½ turn left stepping back on right, step left to left side (6:00)

RIGHT CROSS, SWAYS, WEAWE RIGHT, ROCK, RECOVER, ½ HINGE RIGHT TWICE

- 1 Cross right over left
2-3 Step left to left side swaying left, sway right
4&5 Cross left behind right, step right to right side, cross left over right
6-7 Rock out to right side, recover onto left side
8& ½ hinge turn right stepping right to right side, ½ hinge turn right stepping left to left side

Keep the hinge turns small as they are very quick

RIGHT ROCK BACK, ROCK FORWARD, RIGHT SIDE CHASSE WITH ¼ TURN RIGHT, STEP FORWARD, ¼ RIGHT, LEFT CROSS SHUFFLE

- 1-2 (On a slight diagonal right) rock back on right, rock forward onto left (6:00)
3&4 Step right to right side, close left beside right, ¼ turn right stepping forward on right (9:00)
5-6 Step forward on left, make ¼ turn right placing weight onto right (12:00)
7&8 Cross left over right, step right to right side, cross left over right

SIDE STEP, LEFT CROSS, FULL UNWIND RIGHT, LEFT SIDE CHASSE, ROCK, RECOVER, ¼ LEFT STEP BACK, LEFT TOGETHER

- 1-2 Step right to right side, cross left over right
3 Unwind a full turn right (weight ending on right) (12:00)
4&5 Step left to left side, close right beside left, step left to left side (left side chasse)
6-7 (On a slight diagonal right) rock back on right, recover onto left
8& Make ¼ turn left stepping back on right, close left beside right (9:00)

REPEAT
