

Knock It Out the Box

Count: 64

Wall: 4

Level: Improver

Choreographer: Fess (Profess Line Dancers) (USA) - March 2025

Music: Knock it out the Box - Cousin Dee



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

FANNING FOOT TAPS

1 2 3 4 Tap right foot forward, tap again 3 more times to right at increasing angles so final tap is at side

5 6 7 8 Tap left foot forward, tap again 3 more times to left at increasing angles so final tap is at side

REPEAT STEPS 1-8 ABOVE

SIDE POINTS

1 2 3 4 Point right foot to side, recover, point left to side, recover

5 6 7 8 Repeat steps 1-4

TAP RIGHT FOOT UP, LEFT FOOT UP, ALTERNATING TAPS, FOOT LIFT

1 2 3 4 Tap right foot up for 1, down for 2, then left foot up for 3 then down for 4

5 6 7 8 Tap right foot up, left foot up, right foot up, LIFT left foot up

LEFT FOOT LUNGE, RECOVER,

1 2 Lunge forward on left foot

3 4 Step back on left foot doing hip bumps

5 6 Step back on right foot doing hip bumps

7 8 Step back on left foot doing hip bumps

HIP SWINGS

1 2 3 4 Swing hips right, left

5 6 7 8 Repeat steps 1-4

TOE TOUCHES TWO IN FRONT, TWO IN BACK, SINGLES ENDING IN QUARTER TURN RIGHT

1 2 3 4 Tap right foot twice in front, twice in back

5 6 7 8 Tap right foot up, back, up, make quarter turn right on count 8 pointing left foot out

CONTINUOUS JAZZ BOXES ENDING WITH A JUMP

1 2 3 4 Left jazz box in place: cross left front of right, step on right, back on left, cross right over left

5 6 7 8 Complete right jazz box-step on left, back on right, step on left, jump

Submitted by: Bonnie Berns - Email: yaelchina@yahoo.com