

# Kneel Hail

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Knox Rhine (USA)

Music: Female Bonding - Brett James



## "CRUISIN"

### SIDE, BEHIND, ¼ TURN, STEP:

- 1 Step to the left side with the left foot
- 2 Step across behind the left leg with right foot
- 3 Step ¼ turn left with left foot
- 4 Step forward with the right foot

### PIVOT, ¼ TURN, BEHIND, ¼ TURN:

- 5 Pivot ½ turn to the left
- 6 Step forward with a ¼ turn left with right foot
- 7 Step across behind right leg with the left foot
- 8 Step ¼ turn right with right foot

### STEP, PIVOT, ¼ TURN, ROCK:

- 9 Step forward with left foot
- 10 Pivot ½ turn to the right
- 11 Step forward with a ¼ turn right with left foot
- 12 Rock to right side, transferring weight to right foot

## "HOT TAMALES"

### SLAP, SIDE, SLAP, ¼ TURN:

- 13 Lift left foot up behind right leg and slap with right hand
- 14 Step to left side with left foot
- 15 Lift right foot up in front of left leg and slap with left hand
- 16 Swing right foot out to right side with a ¼ turn left and slap with right hand

### SHOULDER PUSHES:

- 17 Step to right side with right foot (knees bent) push right shoulder forward starting a slow ¼ turn to left
- 18-24 Stay on balls of both feet and continue pushing right shoulder forward. Straighten legs with weight on left foot after completion of turn

## "COWBOY HAND JIVE"

### SHUFFLE, ½ TURN, SHUFFLE:

- 25 Step forward with right foot
- & Step together with left foot
- 26 Step forward with right foot
- & Pivot ½ turn to left
- 27 Step forward with left foot
- & Step together with right foot
- 28 Step forward with left foot

### ¼ TURN, SHUFFLE, ½ TURN, SHUFFLE:

- & Pivot ¼ turn right
- 29 Step forward with right foot
- & Step together with left foot
- 30 Step forward with right foot

& Pivot ½ turn left  
31 Step forward with left foot  
& Step together with right foot  
32 Step forward with left foot

### "LINDA LU"

#### OUT-OUT, IN-IN, OUT-OUT, IN-IN:

& Step (out) back-right with right foot  
33 Step (out) back-left with left foot  
& Step (in) back-left with right foot  
34 Step (in) back-right with left foot  
& Step (out) back-right with right foot  
35 Step (out) back-left with left foot  
& Step (in) back-left with right foot  
36 Step (in) back-right with left foot

#### WIGGLE WALKS, CLAP/TOUCH:

37 Step ¼ turn left with right foot, bump hips to right side  
& Relax hip  
38 Bump hips to right side  
39 Pivot ¼ turn right on ball of right foot  
40 Clap/touch left toe next to right foot  
41 Step ¼ turn right with left foot, bump hips to left side  
& Relax hips  
42 Bump hips to left side  
43 Pivot ¼ turn left on ball of left foot  
44 Clap/touch right toe next to left foot

#### WIGGLE WALKS, CLAP/TOUCH:

45 Step ¼ turn left with right foot, bump hips to right side  
& Relax hips  
46 Bump hips to right side  
47 Pivot ¼ turn right on ball of right foot  
48 Clap/touch left toe next to right foot  
49 Step ¼ turn right with left foot, bump hips to left side  
& Relax hips  
50 Bump hips to left side  
51 Pivot ¼ turn left on ball of left foot  
52 Clap/touch right toe next to left foot

### "CHA-CHA LENGUA"

#### TOUCH, PIVOT, ½ TURN:

53 Touch left toe forward  
54 Pivot ½ turn right on ball of right foot  
55 Pivot ¼ turn right on ball of right foot, stepping to left side with left foot  
& Pivot ¼ turn right on ball of left foot stepping to right side with right foot  
56 Step back with left foot

#### ¼ TURN, IN FRONT, ¼ TURN, ½ TURN:

57 Pivot ¼ turn right on ball of left foot, stepping to right side with right foot  
58 Step across in front of right leg with left foot  
59 Pivot ¼ turn left on ball of left foot, stepping back with right foot  
& Lift left knee, place left foot close to right knee  
60 Pivot ½ turn to left on ball of right foot

**"PRANCING PONY"**

**STEP, STEP TOGETHER, PAW, PAW:**

- 61 Step forward with left foot
- 62 Place right foot next to left foot
- 63 Reverse scuff with ball of left foot
- 64 Reverse scuff with ball of left foot

**REPEAT**

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