

# Knock It Off!

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Gaye Teather (UK)

Music: I Hear You Knocking - Dave Edmunds



## HEEL SWITCHES X 3, CLAP TWICE, CHASSE RIGHT, SAILOR ¼ TURN LEFT

- 1&2 Touch right heel forward, step right beside left, touch left heel forward  
&3 Step left beside right, touch right heel forward  
&4 Clap hands twice  
5&6 Step right to right side, step left beside right, step right to right  
7&8 ¼ turn left stepping left behind right, step right to right, step left to left (facing 9:00)

## WALK FORWARD TWICE, FORWARD MAMBO ½ TURN RIGHT, WALK FORWARD TWICE, FORWARD MAMBO

- 1-2 Walk forward right, left  
3&4 Rock forward on right, recover onto left, ½ turn right stepping forward on right (facing 3:00)  
5-6 Walk forward left, right  
**Option: full turn right traveling forward**  
7&8 Rock forward on left, recover onto right, step back on left

## HEEL, TOE, TAP, TAP, HIP BUMPS X 3, FORWARD ROCK, SHUFFLE ½ TURN LEFT

- 1&2& Touch right heel forward, lower right toes to floor, raise right heel & tap it to floor twice  
3&4 Bump hips forward, back, forward (transferring weight onto right on last bump)  
5-6 Rock forward on left, recover onto right  
7&8 Shuffle ½ turn left stepping left, right, left (facing 9:00)

## FORWARD ROCK, SHUFFLE ½ TURN RIGHT, STEP, PIVOT ¼ TURN RIGHT, CROSS SHUFFLE

- 1-2 Rock forward on right, recover onto left  
3&4 Shuffle half turn right stepping right, left, right  
5-6 Step forward on left, pivot ¼ turn right (facing 6:00)  
7&8 Cross left over right, step right to right, cross left over right

## TOE TAPS TWICE, KICK, BACK LOCK STEP, BACK, BACK, COASTER STEP

- 1&2 Tap right toes behind left foot twice, kick right forward on right diagonal  
3&4 Step back on right, lock left over right, step back on right  
5-6 Sweep left foot out and back, sweep right foot out and back  
7&8 Step back on left, step right beside left, step forward on left

## STEP, PIVOT ¼ TURN LEFT, KICK, OUT, OUT, IN, IN, OUT, OUT, IN, IN, KNEE POP

- 1-2 Step forward on right, pivot quarter turn left (facing 3:00)  
3&4 Kick right forward, step right to right, step left to left  
&5 Step right in, step left in  
&6 Step right out to right, step left out to left  
&7 Step right in, step left in  
8 Pop right knee in

Steps &5-7 travel slightly backwards

**REPEAT**