

Knight In Shining Armour

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Rep Ghazali (SCO) - November 2018

Musique: Distress "Sending out an SOS" (feat. Shana P.) - Big Ali



#32 count intro start on vocal, available from iTunes and Amazon

[01-08] R KICK OUT OUT, KNEE IN-¼ TURN, R COASTER, L FWD-R SCUFF

- 1&2 kick Right forward, step Right to Right side, step Left to Left side (shoulder apart)
3-4 twist Right knee in towards Left, twist Right knee out making ¼ turn Right (3)
5&6 step back Right, step Left together, step forward Left
7-8 step forward Left, scuff forward Right (3)

[09-16] R SHUFFLE BACK, L SHUFFLE ½ TURN, SYNCOPATEP FWD ROCKS

- 1&2 step back Right, step Left together, step back Right
3&4 ¼ turn Left by stepping Left to Left side, step Right together, ¼ turn Left by stepping forward on Left (9)
5-6 rock forward Right, recover on Left
&7-8 step Right together, rock forward Left, recover on Right (9)

[17-24] R & L TOE SWITCHES, & R SIDE ROCK-RECOVER, R SAILOR ¼ TURN, L CROSS ROCK-RECOVER R

- &1&2 step Left together, point Right toe to Right, step Right together, point Left toe to Left
&3-4 step Left together, rock Right to Right side, recover on Left
5&6 ¼ turn Right step Right behind Left side, step Left to Left, step Right to Right side (12)
7-8 cross rock Left over Right, recover on Right (12)

[25-32] L SWAY-R SWAY, ¾ TURN, L SLIDE-R TOG, L SHUFFLE FWD

- 1-2 sway Left to Left and looking over Left shoulder, sway Right to Right and looking over Right shoulder
3-4 ¼ turn Left by stepping forward on Left, ½ turn Left by stepping back on Right (3)
5-6 big step Left back and dragging Right next to Left, step Right beside Left
7&8 step forward Left, step Right together, step forward Left (3)
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