

Knock Yourself Out

Compte: 64

Mur: 2

Niveau: Improver

Chorégraphe: Sue Coats (AUS)

Musique: Knock Yourself Out - Lee Roy Parnell



OUT-OUT, HOLD & CLAP, KICK BALL CHANGE, STEP FORWARD, PIVOT ½ TURN & SWEEP, SAILOR

- &1-2 Jump feet apart stepping right, left, hold & clap
- 3&4 Right kick ball change - kick right forward, step right in place, step forward left
- 5-6 Step right forward, pivot ½ turn left sweeping left toe in semi circle along the floor
- 7&8 Left sailor step: step left behind right, step right to right side, step left to left side

CROSS SHUFFLE, SIDE SHUFFLE, STEP FORWARD, PIVOT ½ TURN & SWEEP, SAILOR

- 1&2 Shuffle right across in front of left: right-left-right
- 3&4 Side shuffle to the left: left-right-left
- 5-6 Step right forward, pivot ½ turn left sweeping left toe in semi circle along the floor
- 7&8 Left sailor step: step left behind right, step right to right side, step left to left side

CROSS, ¼ TURN, ¼ TURN RIGHT. CROSS, ¼ TURN, ¼ TURN, ROCK, ROCK

- 1-2 Cross-right over left, turn ¼ right stepping back on left
- 3-4 Turn ¼ right stepping right to right side, cross left over right
- 5-6 Turn ¼ left stepping back on right, turn ¼ left stepping left to left side
- 7-8 Cross rock right over left, replace weight on left

CROSS ROCK, REPLACE, SIDE SHUFFLE, CROSS ROCK, REPLACE, SIDE SHUFFLE ¼ TURN

- 1-2 Cross rock right over left, replace weight on left
- 3&4 Side shuffle to the right: right-left-right
- 5-6 Cross rock left over right, replace weight on right
- 7&8 Side shuffle to left turning ¼ left: left-right-left

STEP FORWARD, PIVOT ½, SHUFFLE ½ TURN, STEP BACK, STEP BACK, ROCK BACK, ROCK FORWARD

- 1-2 Step forward on right, pivot ½ turn left (take weight on left)
- 3&4 Shuffle ½ turn left stepping: right-left-right
- 5-6 Step back on left, step back on right
- 7-8 Rock back on left, rock forward on right

SHUFFLE ½ TURN, ROCK BACK, ROCK FORWARD, SHUFFLE ½ TURN, ROCK BACK, ROCK FORWARD

- 1&2 Shuffle ½ turn right stepping: left-right-left
- 3-4 Rock back on right, rock forward on left
- 5&6 Shuffle ½ turn left stepping. Right-left-right
- 7-8 Rock back on left, rock forward on right

STEP FORWARD: LEFT-RIGHT-LEFT. KICK RIGHT FORWARD, STEP BACK: RIGHT-LEFT-RIGHT. SWEEP TOE INTO ¼ LEFT

- 1-4 Step forward: left-right-left (with attitude), kick right foot forward with a whoo!
- & Clap
- 5-8 Step back: right-left-right (with attitude), sweep left toe around into ¼ turn left

SIDE ROCK WITH HIPS LEFT & RIGHT, STEP FORWARD, SLIDE, STEP FORWARD, SLIDE

- 1-4 Rock left to left side while bumping hips left twice, bump hips right twice
- 5-6 Step left forward 45 degrees left, slide right beside left (weight on right)

7-8

Step left forward 45 degrees left, slide right beside left (weight on left)

REPEAT
