

# 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**

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