

Knox Knees

Compte: 64

Mur: 4

Niveau: Intermediate/Advanced



Chorégraphe: Knox Rhine (USA)

Musique: Because Of Country Music - The Geezinslaws

STEP, PIVOT, OUT-OUT, CLAP:

- 1 Step forward with right foot
- 2 Pivot ½ turn left on ball of right foot
- 3 Step forward-right with right foot
- & Step to left side with left foot
- 4 Clap hands at chest level

IN-FRONT, CLAP, ½ TURN, CLAP:

- & Step in with left foot
- 5 Step across in front of left leg with right foot
- 6 Clap hands at chest level
- 7 Pivot ½ turn left on balls of both feet
- 8 Clap hands at chest level

KNEES - RIGHT, LEFT, RIGHT, LEFT-RIGHT:

- 9 Move left knee to right side, right leg straight
- 10 Move right knee to left side, left leg straight
- 11 Move left knee to right side, right leg straight
- & Move right knee to left side, left leg straight
- 12 Move left knee to right side, right leg straight

WALKING KNEE ROLLS:

- 13 Step forward with left toe, roll left knee out
- 14 Roll left knee in, drop left heel
- 15 Step forward with right toe, roll right knee out
- 16 Roll right knee in, drop right heel
- 17 Step forward with left toe, roll left knee out
- 18 Roll left knee in, drop left heel
- 19 Step forward with right toe, roll right knee out
- 20 Roll right knee in, drop right heel

SCOOT-TAP, BRUSH, SCOOT-STEP, STOMP:

- & Scoot back on right foot
- 21 Tap left toe back
- 22 Brush left toe forward
- & Scoot forward on right foot
- 23 Step forward with left foot
- 24 Stomp right foot next to left foot

KNEES RIGHT, KNEES LEFT, KNEE CIRCLES:

- 25 Bend knees forward-right
- & Straighten legs
- 26 Bend knees forward-left
- & Straighten knees
- 27 Roll knees 1 full circle to the left
- 28 Roll knees 1 full circle to the left

BACK-BACK, RIGHT KNEE, 2, 3:

- & Step back with right foot
- 29 Step back slightly apart with left foot
- 30 Flip right knee out, snapping right fingers
- & Bring right knee in
- 31 Flip right knee out, snapping right fingers
- & Bring right knee in
- 32 Flip right knee out, snapping right fingers
- & Bring right knee in

BACK-BACK, LEFT KNEE, 2, 3:

- & Step back with left foot
- 33 Step back slightly apart with right foot
- 34 Flip left knee out, snapping left fingers
- & Bring left knee in
- 35 Flip left knee out, snapping left fingers
- & Bring left knee in
- 36 Flip left knee out, snapping left fingers
- & Bring left knee in

LEFT SAILOR STEP, RIGHT SAILOR STEP:

- 37 Step across behind left leg with right foot
- & Step to left side with left foot
- 38 Step to right side with right foot
- 39 Step across behind right leg with left foot
- & Step to right side with right foot
- 40 Step to left side with left foot

KICK, CROSS ½ TURN, SHUFFLE:

- 41 Kick forward with right foot
- 42 Hook right foot across left leg and spin ½ turn right on ball of left foot
- 43 Step forward with right foot
- & Step together with left foot
- 44 Step forward with right foot

KICK, CROSS ½ TURN, SHUFFLE:

- 45 Kick forward with left foot
- 46 Hook left foot across in front of right leg and spin ½ turn left on ball of right foot
- 47 Step forward with left foot
- & Step together with right foot
- 48 Step forward with left foot

STEP, LOCK, HESITATION PIVOT: ¼, ½:

- 48 Step forward right foot,
- 50 Slide-lock left foot up behind right foot
- 51 Pivot ¼ turn left on balls of both feet, bounce heels
- 52 Pivot ½ turn left, drop heels

PUSH RIGHT, PUSH LEFT:

- 53 Lunge to right side with right foot
- 54 Step together with right foot
- 55 Lunge to left side with left foot
- 56 Step together with left toe

STEP, LOCK, OUT-FORWARD, LOCK:

- 57 Step forward with left foot
- 58 Slide lock right foot up behind left foot, bend left knee
- & Step to left side with left foot
- 59 Step to forward with right foot
- 60 Slide-lock left foot up behind right foot, bend right knee, weight on left foot

ANKLE ROCKS:

- 61 Rock knees to left side, weight on right foot
- 62 Rock knees to right side, weight on left foot
- 63 Rock knees to left side, weight on right foot
- & Rock knees to right side, weight on left foot
- 64 Rock knees to left side, weight on right foot
- & Rock knees to right side, weight on left foot

REPEAT
