

White Knights (P)

Compte: 64

Mur: 0

Niveau: Partner

Chorégraphe: Jez Cauldwell (UK) & Susan McWilliams (UK)

Musique: Hero (Metro Mix) - Enrique Iglesias



Position: Open Single, Facing Each Other

LADY'S STEPS

CROSS ROCK, TRIPLE, ROCK, TRIPLE

- 1-2 Cross right over left, step back on left
- 3&4 Triple (right, left, right)
- 5-6 Rock back left, recover weight on right
- 7&8 Triple (left, right, left)

CROSS ¼ TURN, SHUFFLE, ROCK FORWARD, COASTER

- 1-2 Cross right over left, turning ¼ right
- Into Open Promenade position, moving toward LOD**
- 3&4 Right shuffle (right, left, right)
 - 5-6 Rock forward left, recover weight right
 - 7&8 Left coaster step

POINT CROSS TWICE (MOVING FORWARD IN LOD)

- 1-2 Point right toe to right side, step right in front of left
- 3-4 Point left toe to left side, step left in front of right
- 5-6 Repeat 1-2
- 7-8 Repeat 3-4

ROCK FORWARD, TURNING ½ COASTER

- 1-2 Rock forward right recover weight on left
- Cease all hand contact**
- 3&4 Step right back, ¼ turn right on left foot step right in front completing another ¼ turn (you are now facing RLOD)

POINT CROSS TWICE

Rejoin with partner inside hands only to open promenade, you are both facing RLOD you will be moving in the direction of RLOD

- 1-2 Point left to left side, step left in front right
- 3-4 Point right to right side, step right in front left
- 5-6 Repeat 1-2
- 7-8 Repeat 3-4

ROCK, ¼ TURNING SHUFFLE

- 1-2 Rock forward left recover weight on right
- 3&4 Left coaster turning ¼ right (left, right, left)

Rejoin hands on open double

DIAGONAL ROCK, DIAGONAL SHUFFLE, DIAGONAL ROCK, ¼ TURN COASTER

- 1-2 Rock forward right diagonal, recover weight on left
- 3&4 Right shuffle diagonal (right, left, right,) back towards outer circle
- 5-6-1 Rock back left diagonal, recover weight on right

Hold inside hands only

- 7&8 Triple (left, right, left) making ¼ turn right

DIAGONAL STEP TOUCH TWICE

Moving forward in LOD

- 1-2 Step right to right side diagonal, touch left to right
- 3-4 Step left to left side diagonal, touch right to left
- 5-6 Repeat 1-2
- 7-8 Repeat 3-4

¾ CIRCLE SHUFFLE RIGHT

No hand contact

- 1&2 Shuffle (right, left, right)
- 3&4 Shuffle (left, right, left)
- 5&6 Repeat 1 & 2
- 7&8 Repeat 3&4

REPEAT

MAN'S STEPS

CROSS ROCK, TRIPLE, ROCK, TRIPLE

- 1-2 Cross left over right, step back on right
- 3&4 Triple (left, right, left)
- 5-6 Rock back right, recover weight on left
- 7&8 Triple (right, left, right)

CROSS ¼ TURN, SHUFFLE, ROCK FORWARD, COASTER

- 1-2 Cross left over right, turning ¼ left (moving toward LOD)
- 3&4 Left shuffle (left, right, left)
- 5-6 Rock forward right, recover weight left
- 7&8 Right coaster touch

POINT CROSS TWICE (MOVING FORWARD IN LOD)

- 1-2 Point right toe to right side, step right in front of left
- 3-4 Point left toe to left side, step left in front of right
- 5-6 Repeat 1-2
- 7-8 Repeat 3-4

ROCK FORWARD, TURNING ½ COASTER

- 1-2 Rock forward right recover weight on left

Cease all hand contact

- 3&4 Step right back, ¼ turn right on left foot step right ¼ in front

You are now facing RLOD

POINT CROSS TWICE

Rejoin with partner inside hands only, you are both facing RLOD you will be moving in the direction of RLOD

- 1-2 Point left to left side, step left in front right
- 3-4 Point right to right side, step right in front left
- 5-6 Repeat 1-2
- 7-8 Repeat 3-4, but touching on step 8

ROCK, ¼ TURNING SHUFFLE

- 1-2 Rock right forward recover weight on left
- 3&4 Right coaster turning ¼ left (right, left, right)

Rejoin hands in open double

DIAGONAL ROCK, DIAGONAL SHUFFLE, DIAGONAL ROCK, ¼ TURN COASTER

- 1-2 Rock back left diagonal, recover weight on right

- 3&4 Left shuffle forward diagonal (left, right, left,) towards outer circle
5-6 Rock forward right diagonal, recover weight on left (hold inside hands only)
7&8 Coaster, ¼ turn left(right, left, right)

DIAGONAL STEP TOUCH TWICE (MOVING IN LOD)

- 1-2 Step left to left side diagonal, touch right to left
3-4 Step right to right side diagonal, touch left to right
5-6 Repeat 1-2
7-8 Repeat 3-4

¾ CIRCLE SHUFFLE LEFT (NO HAND CONTACT)

- 1&2 Shuffle (left, right, left)
3&4 Shuffle (right, left, right)
5&6 Repeat 1&2
7&8 Repeat 3&4

Rejoin hands open single ready to start again

REPEAT
