

# Knockin'

**Compte:** 32

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Gudrun Schneider (DE) - April 2014

**Musique:** Knockin - Freddie Stroma



## Start on Vocals

### HEEL DIGS 2x, COASTER STEP, ¼ PADDLE TURN 2x, COASTER STEP

- 1-2 Right heel diagonally forward - right heel diagonally forward (12:00),  
3&4 RF step back, LF beside RF, RF step forward  
5-6 ¼ turn right tap left toe to left , ¼ turn right tap left toe to left (6:00)  
7&8 LF step back, RF beside left, LF step forward

( Restart : 3rd round )

### MAMBO STEP, RUN BACK, COASTER STEP, FULL TRIPLE TURN RIGHT

- 1&2 RF rock forward, LF recover, RF step back  
3&4 LF run back, RF run back, LF run back  
5&6 RF step back, LF beside right, RF step forward  
7&8 ½ Turn right, step back on LF, ½ turn R, RF step forward, LF step forward

### OUT-OUT, HIP BUMPS, SAILOR STEP, SAILOR SHUFFLE TURNING ¼ R

- 1 - 2 RF step diagonally forward, LF step diagonally left ( Weight left)  
3&4 Bump hips right, bump hips left, bump hips right  
5&6 Cross LF behind RF, step right , LF step left  
7&8 Cross RF behind LF - ¼ turn right - step LF beside RF – RF step forward (9:00)

### STEP- HEELS SPLITS, COASTER STEP, SIDE-TOGETHER-BACK, SIDE-TOGETHER-FORWARD

- 1&2 LF step forward, twist heels out, twist heels in  
3&4 LF step back, RF beside left, LF step forward  
5&6 RF step right, LF beside right, RF step back  
7&8 LF step left, RF beside left, LF step forward

**Restart: on wall 3 after 8 counts (facing 12:00 )**

**Have fun**

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