

Knock

拍数: 32 墙数: 4 级数: High Beginner
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音乐: I'm Gonna Knock on Your Door - Eddie Hodges



Intro: start on the word "knock" (I'm gonna knock ...)

Shuffle fwd, shuffle ½ turn R, rock back, recover, kick-ball-step

1 & 2 RF step fwd – LF close – RF step fwd
3 & 4 LF step fwd ¼ turn R – RF close – LF step back ¼ R
5 – 6 RF rock back – recover on LF
7 & 8 RF kick fwd – RF step on bal – LF step in place

Out – out, in – in step fwd, step fwd, pivot ¼ R, cross shuffle

1 – 2 RF step diagonal R fwd, LF step diagonal L fwd
& 3,4 RF step back to center, LF close and RF step fwd
5 – 6 LF step fwd – LF+RF turn ¼ R
7 & 8 LF cross over – RF step behind - LF cross over

Monterey turn ¼ R (x2)

1 – 2 RF point R side – close ¼ turn R
3 – 4 LF point L side – LF close
5 – 6 RF point R side – close ¼ turn R
7 – 8 LF point L side – LF close

Side rock, recover, shuffle back, out – out, close, heel bounces

1 – 2 RF rock R side – recover on LF
3 & 4 RF step back – LF close - RF step back
5 – 6 LF step out L – RF step out R
7 & 8 LF close next to RF – lift heels and bounce twice on the floor

Start over again!

**Finish: dance the 8th wall unto count 12 [3]
(section 2 count 4) and end with:**

5 – 6 LF step fwd – RF step fwd
7 – 8 RF+LF turn ¼ L – RF close