

# Knock Three Times

拍数: 112      墙数: 2      级数: High Beginner  
编舞者: Betty Dance (HK) - May 2021  
音乐: Knock Three Times - Tony Orlando & Dawn



**Intro : 16 counts (Starts on vocal)**

## **Section 1 - FORWARD, RECOVER, SIDE SHUFFLE BACK, RECOVER, SIDE SHUFFLE**

1-2-3&4      Forward L, recover R, chasse side L  
5-6-7&8      Back R, recover L, chasse side R

## **(SIDE, RECOVER, SIDE SHUFFLE)x2**

1-2-3&4      Side L, recover R, chasse side L  
5-6-7&8      Side R, recover L, chasse side R

## **Section 2 - FORWARD 3 STEPS, HEEL BACK 3 STEPS, POINT**

1-2-3-4      Forward L, R, L, heel R  
5-6-7-8      Back R, L, R, point L

## **(SIDE, TOGETHER, SIDE, POINT) x 2**

1-2-3-4      Side L, together R, side L, point R  
5-6-7-8      Side R, together L, side R, point L

## **Section 3 - L & R FORWARD CROSS ROCK, SIDE SHUFFLE**

1-2-3&4      Rock L forward cross, recover to R, chasse side L, R, L  
5-6-7&8      Rock R forward cross, recover to L, chasse side R, L, R

## **L & R BACK CROSS ROCK, SIDE SHUFFLE**

1-2-3&4      Rock L back cross, recover to R, chasse side L, R, L  
5-6-7&8      Rock R back cross, recover to L, chasse side R, L, R

## **Section 4 - SWAY L & R**

1-2-3-4      Sway L, hold, sway R, hold  
5-6-7-8      Sway L, hold, sway R, hold

## **FORWARD L & R, JUMP, STEPS 3 COUNTS (6 counts only)**

**(Starts with lyrics KNOCK THREE TIMES)**

1-2-3      Forward L, forward R, jump with L & R to original position with hand claps  
4-5-6      Step R, L, R (with hand claps)

## **Section 5 - (STEP, POINT) x 4**

1-2-3-4      Step L to L side, point R next to L, Step R to R side, point L next to L  
5-6-7-8      Step L to L side, point R next to L, Step R to R side, point L next to L

## **(STEP, POINT) x 4**

1-2-3-4      Step L to L side, point R next to L, Step R to R side, point L next to L  
5-6-7-8      Step L to L side, point R next to L, Step R to R side, point L next to L

## **Section 6 - Repeat Section 4**

## **Section 7 - (STEP, POINT) x 4**

1-2-3-4      Step L to L side, point R next to L, Step R to R side, point L next to L  
5-6-7-8      Step L to L side, point R next to L, Step R to R side, point L next to L

**Hip Sways with weight on R foot**

**1-2-3-4-5-6-7-8**

**Tag 8 counts:**

**L Cross, R recover, side shuffle,**

**R Forward, L pivot ½ turn, side shuffle( 6:00)**

**(6:00) Repeat Section 1 to 7**

**Tag 4 counts:**

**L Forward, R pivot ½ turn, L step, R step (12:00)**

**(12:00) Repeat Section 1 to 7**

**End**

**Hand and foot movements are included to improve body coordination. Please watch my dance demo cum tutorial video for hand styling and practice!**

**Let's be happy & dance in the sun!**

**Enjoy Dancing with Betty!**

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