

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!
