

Knock Off

拍数: 52 墙数: 2 级数: Intermediate
编舞者: Guylaine Bourdages (CAN), Chrystel DURAND (FR), Julie Lépine (CAN),
Stéphane Cormier (CAN), Nicolas Lachance (CAN) & Niels Poulsen (DK) - July
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音乐: Knock Off - Jess Moskaluke



Note: Choreographed at Winslow's Festival

Intro: 24 counts from very first beat in music. App. 11 secs. into track. Start with weight on L foot

****2 restarts:**

***1st) On wall 3 (starts at 12:00), after 16 counts, facing 3:00. Turn ¼ L to restart the dance facing 12:00 again**

***2nd) On wall 4 (starts at 12:00), after 32 counts, facing 12:00 again**

[1 – 8] R side rock, together, L side rock, behind side cross, R side rock, recover ¼ L

1 – 2& Rock R to R side (1), recover on L (2), step R next to L (&) 12:00

3 – 4 Rock L to L side (3), recover on R (4) 12:00

5&6 Cross L behind R (5), step R to R side (&), cross L over R (6) 12:00

7 – 8 Rock R to R side (7), recover on L with ¼ L (8) 9:00

[9 – 16] R shuffle fwd, tap ½ turn R, R back rock, R kick ball change

1&2 Step R fwd (1), step L behind R (&), step R fwd (2) 9:00

3&4 Turn ¼ R on R touching L next to R (3), turn ¼ R and lift L foot up and scoot back slightly on R foot (&), step back on L (4) ...

Easy option: shuffle ½ R backwards 3:00

5 – 6 Rock back on R (5), recover on L (6) 3:00

7&8 Kick R fwd (7), step R next to L (&), change weight to L (8) ... * Restart here on wall 3 3:00

[17 – 24] R&L heel switches, stomp R fwd, Hold, L&R heel switches, stomp L fwd, Hold

1&2& Touch R heel fwd (1), step R next to L (&), touch L heel fwd (2), step L next to R (&) 3:00

3 – 4 Stomp R fwd (3), HOLD (4) 3:00

5&6& Touch L heel fwd (5), step L next to R (&), touch R heel fwd (6), step R next to L (&) 3:00

7 – 8 Stomp L fwd (7), HOLD (8) 3:00

[25 – 32] R shuffle fwd, step ½ R, ¼ R into L chasse, R back rock

1&2 Step R fwd (1), step L behind R (&), step R fwd (2) 3:00

3 – 4 Step L fwd (3), turn ½ R onto R (4) ... Ending: comes here, see bottom of step sheet for info 9:00

5&6 Turn ¼ R stepping L to L side (5), step R next to L (&), step L to L side (6) 12:00

7 – 8 Rock back on R (7), recover fwd onto L (8) ...

*** Restart here on wall 4 12:00**

[33 – 40] R kick & L tap & R kick & L heel & R tap & L heel & R kick ball step

1&2& Kick R fwd (1), step down on R (&), tap L toes behind R foot (2), step back on L (&) 12:00

3&4& Kick R fwd (3), step back on R (&), touch L heel fwd (4), step down on L (&) 12:00

5&6& Tap R toes behind L foot (5), step back on R (&), touch L heel fwd (6), step down on L (&) 12:00

7&8 Kick R fwd (7), step R next to L (&), step L fwd (8) 12:00

[41 – 48] R rock fwd, R full triple turn, L rock fwd, shuffle ½ L

1 – 2 Rock R fwd (1), recover back on L (2) 12:00

3&4 Turn ½ R stepping R fwd (3), step L next to R (&), turn ½ R stepping R slightly fwd (4) 12:00

5 – 6 Rock L fwd (5), recover back on R (6) 12:00

7&8 Turn $\frac{1}{4}$ L stepping L to L side (7), step R next to L (&), turn $\frac{1}{4}$ L stepping L fwd (8) 6:00

[49 – 52] Step out RL, heel bounces

1 – 2 Step R a small step out to R side (1), step L a small step out to L side (2) 6:00

&3&4 Lift heels off the floor (&), step heels down (3), lift heels off the floor (&), step heels down (4)
6:00

Start Again!

Ending Wall 8 is your last wall. It starts facing 6:00. Do up to count 26, then change the $\frac{1}{2}$ R to a step $\frac{1}{4}$ R and cross L over R to finish the dance facing 12:00 again
