

Knock Knock

拍数: 48 墙数: 0 级数:
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音乐: Midnight Hour/Knock On Wood - Scooter Lee



JUMP, CLAP, ½ TURN TURNING SHUFFLE

1-2 Jump forward, clap
3&4 Turning left ½ turn shuffle (left, right, left)

BACKWARD TRAVELING HEEL JACKS TWICE

1& Step back right, left heel forward
2& Left back to right, step right on spot (change weight)
3& Step back on left, right heel forward,
4& Right back to left, step left on spot (change weight)

¼ TURN PADDLE TURN, MASHED POTATOES BACKWARDS TWICE (TRAVELING CHARLESTONS)

1-2 Step forward right, paddle turn ¼ turn
3& Step left behind right twisting heels in, and out (weight on balls of feet)
4& Step right behind left twisting heels in, and out

¼ TURN PADDLE TURN, MASHED POTATOES BACKWARDS TWICE

1-2 Step left back doing a ¼ turn paddle turn
3& Step left behind right twisting heels in and out
4& Step right behind left twisting heels in and out

JUMP BACK, CLAP, STEP RIGHT TO SIDE, LEFT TOGETHER CLAP

1-2 Jump back, clap
3-4 Step right to side, bring left together with a clap

¼ TURN RIGHT TURNING SHUFFLE, ROCK FORWARD LEFT, BACK FULL TURNING TRIPLE STEP

1&2 Turning ¼ turn step right, left, right, (¼ turn shuffle)
3-4 Rock forward on left bringing weight back on right
5&6 Stepping left, right, turn a full turn left (turning triple step on spot)

½ TURN, ½ TURN, KICK BALL CHANGE

1-2 Step right forward, turn ½ turn left (pivot on balls of feet)
3-4 Step right forward, turn ½ turn left
5&6 Right kick ball change

APPLE JACKS

1& Left applejack (weight on ball of right and heel of left, point both toes out, bring toes to center on the & beat)
2& Right applejack (weight on ball of left and heel of right, point both toes out, bring toes to center on the & beat)
3&4& Left applejack, center, right applejack, center
5&6& Left applejack, center, right applejack, center
7&8& Left applejack, center, right applejack, center

HEEL, TOE, CROSS UNWIND TWICE

1-2 Right heel forward, right toe to side
3-4 Cross right behind left, unwind (turning ½ turn right)
5-6 Left heel forward, left toe to side

7-8

Cross left behind right, unwind (turning $\frac{1}{2}$ turn left)

REPEAT
