

Knock On Wood

COPPER KNOB
STEPPERS

拍数: 72 墙数: 4 级数:
编舞者: Ian St. Leon (AUS)
音乐: Knock On Wood - Amii Stewart



ROCK FORWARD LEFT, ROCK BACK ON RIGHT, BACK LEFT, FORWARD RIGHT, BACK LEFT, BACK RIGHT, FORWARD LEFT, BACK RIGHT, ½ TURN LEFT - SHUFFLE

1-2&3-4 Rock forward on left, rock back on right, step back on left, rock forward right, back left
&5-6-7&8 Step back on right, rock forward on left, rock back on right, turn ½ left - shuffle forward (left-right-left)

ROCK FORWARD RIGHT, BACK LEFT, BACK RIGHT, BACK LEFT, FORWARD RIGHT, FORWARD LEFT, PIVOT ¼ RIGHT, BEHIND, SIDE, FRONT

1-2&3-4 Rock forward right, rock back left, step back right, rock back left, forward right
5-6-7&8 Step forward on left, pivot ¼ right, step left behind right, right to side, left in front

2 RIGHT KICKS, BEHIND, SIDE, FRONT, 2 LEFT KICKS, BEHIND, SIDE, FRONT

1-2-3&4 Kick right at 45 right, kick right at 45 right, step right behind left, step left to side, right in front
5-6-7&8 Kick left at 45 left, kick left at 45 left, step left behind right, step right to side, left in front

PIVOT ½ LEFT, SHUFFLE ½ LEFT, BACK LEFT, FORWARD RIGHT, SHUFFLE ½ RIGHT

1-2-3&4 Step forward on right, pivot ½ left, shuffle ½ left (right-left-right)
5-6-7&8 Rock back on left, rock forward on right, shuffle ½ right (left-right-left)

ROCK BACK RIGHT, ROCK FORWARD LEFT, SHUFFLE FORWARD RIGHT BUMP HIPS (LEFT-RIGHT-LEFT-RIGHT)

1-2-3&4 Rock back on right, rock forward on left, shuffle forward right (right-left-right)
5-6-7-8 Step left to left side & bump hips left, bump hips (right-left-right)

HEEL, HEEL, DOUBLE HEEL, SIDE SHUFFLE LEFT, ROCK BACK, FORWARD

1&2&3-4 Left heel forward, left together & right heel forward, right together & left heel forward, left heel forward
5&6-7-8 Side shuffle left (left-right-left), rock back on right, rock forward on left

STEP FORWARD RIGHT, STEP FORWARD LEFT, BRONCO TWIST RIGHT, BRONCO TWIST LEFT, HEEL OUT, TOE OUT

1-2-3-4 Step forward right at 45 right, step left together, bronco twist right (weight on left toe, and right heel twist knees right), back to center
5-6-7-8 Bronco twist left (weight on right toe, and left heel twist knees left), back to center, twist right heel out, twist right toe out

TWIST HEELS (RIGHT, CENTER) ROCK BACK, ROCK FORWARD ROCK SIDE, IN PLACE, ROCK BACK, ROCK FORWARD

1-2-3-4 Twist heels to right, twist heels to c, rock back on right, rock forward on left
5-6-7-8 Rock right to right side, step left in place, rock back on right, rock forward on left

STEP FORWARD RIGHT, PIVOT ½ LEFT, SHUFFLE FORWARD RIGHT, ROCK FORWARD, ROCK BACK, TOGETHER, HOLD

1-2-3&4 Step forward right, pivot ½ turn left, shuffle forward right (right-left-right)
5-6-7-8 Rock forward left, rock back on right, touch left together, hold

REPEAT

RESTART

Restart dance at 40 beats on wall 2 facing the front (after hips)

TAG

On wall 5, complete the first 12 beats, then step left behind right, right to side, touch left together, then restart the dance from beginning. (this will be facing 3:00 if you start at 12:00)
