

Knock Yourself Out

拍数: 64 墙数: 4 级数:
编舞者: Jamie Marshall (USA)
音乐: Knock Yourself Out - Lee Roy Parnell



RIGHT WHIPS, CUBAN SIDE STEPS

- 1 Step right with right (shoulder length)
- 2-4 Whip wrists to right moving upper body slightly to right
- 5 Step left with left slightly bending knees
- 6 Step left next to right straightening knees
- 7 Step right with right slightly bending knees
- 8 Step right next to left straightening knees

Use hands and shoulders for styling.

STOMP, BODY ROLL, BACK PIVOTS

- 1 Stomp right forward
- 2-4 Body roll (option: hold for 3 counts)
- 5 Step right back
- 6 Pivot $\frac{1}{2}$ to right
- 7 Step left forward
- 8 Pivot $\frac{1}{2}$ to right (weight on right)

KICK, STEP BACK, KNEE MOTIONS

- 1 Kick left forward
- & Step left back next to right
- 2 Step right to right
- 3-4 Roll right knee circular to outside
- 5-6 Roll left knee circular to outside
- 7-8 Two knee pops

Make knee movements strong.

MONTEREY TURNS

- 1-2 Touch right toe to right side, pivot $\frac{1}{2}$ turn to right on left foot and draw right foot next to left foot, shifting weight to right foot
- 3-4 Touch left toe to left side, place left foot next to right foot with weight
- 5-8 Repeat 1-4

SNAKE, ELECTRIC BOOGIE TURN $\frac{1}{4}$

- 1-2 Snake left (side body roll to left)
- 3-4 Snake right (side body roll to right)

End with weight on left

- &5 Step right foot back at diagonal, extending left heel diagonal left
- &6 Step on left with weight, crossing right in front of left
- &7 Step left foot back at diagonal, extending right heel diagonal right
- &8 Step on right with weight turning $\frac{1}{4}$ right, step left next to right

FORWARD WALK, KICK, JUMP BACK

- 1 Step right forward
- 2 Step left forward
- 3 Step right forward
- 4 Step left forward
- 5 Kick right forward

&6 Jump back right, left
7-8 Circular body roll

FUN STEPS WITH SNAPS

Hands will be up with toe steps, ready to snap with heel stomps

1 Right toe/ball forward
2 Stomp down right heel
3 Left toe/ball forward
4 Stomp down left heel
5 Right toe/ball forward
6 Stomp down right heel
7 Left toe/ball forward
8 Stomp down left heel

RIGHT VINE, TURN SCUFF, SLIDE

1 Step right with right
2 Cross left behind right
3 Step right with right
4 Touch left next to right
5 Prep step $\frac{1}{4}$ to left with left
6 Scuff right next to left completing $\frac{1}{2}$ turn
7 Long side step to right with right
8 Slide left next to right switching weight

REPEAT
