

# Knock Yourself Out

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Maggie Gallagher (UK)  
音乐: Knock Yourself Out - Toby Keith



## FORWARD, ROCKS, LEFT BACK LOCK, ROCKS, ½ LEFT, SIDE STEP LEFT

1-2-3      Step forward on right, rock forward on left, rock back onto right 12  
4&5      Step back on left, lock right in front of left, step back on left (left back lock step)  
6-7      Rock back onto right, rock forward onto left  
8&      ½ turn left stepping back on right, step left to left side (6:00)

## RIGHT CROSS, SWAYS, WEAWE RIGHT, ROCK, RECOVER, ½ HINGE RIGHT TWICE

1      Cross right over left  
2-3      Step left to left side swaying left, sway right  
4&5      Cross left behind right, step right to right side, cross left over right  
6-7      Rock out to right side, recover onto left side  
8&      ½ hinge turn right stepping right to right side, ½ hinge turn right stepping left to left side

**Keep the hinge turns small as they are very quick**

## RIGHT ROCK BACK, ROCK FORWARD, RIGHT SIDE CHASSE WITH ¼ TURN RIGHT, STEP FORWARD, ¼ RIGHT, LEFT CROSS SHUFFLE

1-2      (On a slight diagonal right) rock back on right, rock forward onto left (6:00)  
3&4      Step right to right side, close left beside right, ¼ turn right stepping forward on right (9:00)  
5-6      Step forward on left, make ¼ turn right placing weight onto right (12:00)  
7&8      Cross left over right, step right to right side, cross left over right

## SIDE STEP, LEFT CROSS, FULL UNWIND RIGHT, LEFT SIDE CHASSE, ROCK, RECOVER, ¼ LEFT STEP BACK, LEFT TOGETHER

1-2      Step right to right side, cross left over right  
3      Unwind a full turn right (weight ending on right) (12:00)  
4&5      Step left to left side, close right beside left, step left to left side (left side chasse)  
6-7      (On a slight diagonal right) rock back on right, recover onto left  
8&      Make ¼ turn left stepping back on right, close left beside right (9:00)

**REPEAT**