

Knockdown

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Maggie Gallagher (UK)
音乐: Knockdown - Alesha Dixon



PLACE LEFT, WALKS, ROCKS FORWARD, BACK, SIDE ROCK, SCISSOR CROSSES, SIDE STEP RIGHT

- &1-2 Step left next to right, walk forward right, walk forward left
- 3&4 Rock forward onto right, rock back onto left, rock out to right side
- &5-6 Step left next to right, cross right over left, step left to left side
- &7-8 Step right next to left, cross left over right, step right to right side

TOGETHER, SIDE STEP, TOUCH, PLACE LEFT, MOVING TOE TAPS, TOE PRESS, HEEL SWIVELS, LEAN BACK & RIGHT HITCH, BEHIND, SIDE, CROSS

- &1-2 Step left next to right, step right to right side, touch left next to right
- &3& Step left next to right, tap right toe forward, tap right toe forward (moving right foot forward)
- 4 Press forward onto right toe with heel raised
- &5 Swivel right heel to the right, swivel right heel to the center
- 6 Lean back onto left and hitch right knee
- 7&8 Cross right behind left, step left to left side, cross right over left

¼ RIGHT, HEEL TAP, RIGHT STEP-FLICK LEFT, LEFT LOCK, STEP, ½ PIVOT LEFT, ¼ LEFT STEPPING TO RIGHT SIDE, WEAWE, POINT

- &1 ¼ turn right stepping back on left, tap right heel forward (3:00)
- 2 Step onto right while flicking left heel up at the back
- 3&4 Step forward on left, lock right behind left, step forward on left
- 5&6 Step forward on right, make ½ pivot turn left (9:00), make ¼ turn left stepping right to right side (6:00)
- &7 Cross left behind right, step right to right side
- &8 Cross left over right, point right to right side

TOGETHER, WALK, HITCH, TOGETHER, POINT LEFT, TOGETHER, RIGHT TOUCH, PLACE RIGHT, 3 X ¼ WALKING TURNS LEFT WALK FORWARD RIGHT

- &1 Step right next to left, walk forward on left foot
- 2 Hitch right knee forward
- &3 Step right next to left, point left to left side
- &4 Step left next to right, touch right toe next to left
- & Place right next to left
- 5 ¼ turn left stepping forward onto left (3:00)
- 6 ¼ turn left stepping right to right side (12:00)
- 7-8 ¼ turn left stepping forward on left, walk forward on right (9:00)

REPEAT
