

# A Knockdown

**COPPER** KNOB  
STEPSHEETS

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



---

## RIGHT CROSS SHUFFLE, TRIPLE HALF TURN RIGHT, RIGHT CROSS SHUFFLE, SIDE ROCK ¼ TURN RIGHT STEP

1&2      Cross step right over left, step left to left side, cross step right over left  
3&4      Left triple ½ turn right stepping left, right, left. (6:00)  
5&6      Cross step right over left, step left to left side, cross step right over left  
7&8      Rock left to left side, recover weight on right making ¼ turn right, step forward on left

## TRIPLE FULL TURN LEFT, LEFT KICK-BALL-CROSS, SIDE TOGETHER FORWARD, SIDE ROCK & TOUCH

1&2      Traveling forward - right triple full turn left stepping right, left, right. (9:00)  
3&4      Kick left forward, step ball of left beside right, cross step right over left  
5&6      Step left to left side, close right beside left, step forward on left  
7&8      Rock right to right side, recover weight on left, touch right toe across left

## SIDE ROCK & CROSS, TRIPLE HALF TURN RIGHT, HIP BUMPS RIGHT & LEFT (TRAVELING FORWARD)

1&2      Rock right to right side, recover weight on left, cross step right over left  
3&4      Left triple ½ turn right stepping left, right, left. (3:00)  
5&6      Step right slightly forward bumping hips right, left, right. (weight on right)  
7&8      Step left slightly forward bumping hips left, right, left. (weight on left)

Counts 5-8 above should travel slightly forward

## PADDLE ¼ TURN LEFT TWICE, RIGHT KICK-BALL-BACK, & BACK, & BACK, 2 X WALKS FORWARD

&1      Hitch right knee across left, make ¼ turn left pointing right toe to right side  
&2      Hitch right knee across left, make ¼ turn left pointing right toe to right side  
3&4      Kick right forward, step back on ball of right, step back on left  
&5      Step back on ball of right, step back on left. (feet apart)  
&6      Step back on ball of right, step back on left. (feet apart)  
7-8      Walk forward on right, walk slightly forward on left. (9:00)

## REPEAT

Thanks to Rick for putting me on to the Track

---