

Knock Me Out

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Intermediate / Advanced Funky
编舞者: Paul McAdam (UK) - September 2008
音乐: Knock Me Out (feat. Pro Kid) - Danny K : (Album: This Is My Time)



Count in: Approximately 21 seconds into song on vocals.

(1-8) KICK & BEHIND & CROSS-ROCK-TOUCH, & SIDE ROCK & SIDE ROCK CROSS

1&2 Kick right foot to right side, step right foot to right side, cross left foot behind right
&3& Step right foot to right side, cross rock left foot over right foot, recover weight onto right foot
4 Touch left toe out to left side
&5,6 Step left foot next to right, rock right foot out to right side, recover weight onto left foot
&7&8 Step right foot next to left,, rock left foot out to left side, recover weight onto right, cross left foot over right

(9-16) PRESS, CLOSE , BEHIND ¼ TURN, ¼ TOUCH CROSS, SIDE-BEHIND ¼

1,2 Press right foot out to right diagonal, lifting left foot off the floor slightly, step left foot together, pushing hips forward and leaning back slightly (weight on left)
3&4 Step right foot back, make a ¼ turn left and step left foot forward, step right foot forward
&5,6 Make a ¼ turn left and cross left foot over right, touch right toe to right side, cross right foot over left
7&8 Step left foot to left side, cross right foot behind left, make a ¼ turn left and step left foot forward

(17-24) PRESS, SMALL SWEEPS BACK WITH KNEE POPS

&1,2 Press right foot forward, recover weight onto left foot while right foot flicks a small sweep back, step back onto right foot on count 2 and pop left knee in towards right
&3,4 Flick sweep left foot back and take weight onto left foot, pop right knee in towards left twice
&5 Flick sweep right foot back and take weight onto right foot, pop left knee in towards right
&6 Flick sweep left foot back and take weight onto left foot, pop right knee in towards left
&7,8 Flick sweep right foot back and take weight onto right foot, pop left knee in towards right twice

(25-32) BALL-STEP, WALK, ROCK ¼ TURN, & POINT & TOUCH, KICK BEHIND-SIDE-CROSS

&1,2 Step back on ball of left foot, walk forward on right foot, walk forward on left foot
3&4 Cross rock forward on right foot, recover weight onto left foot, make a ¼ turn right and step right foot to right side
&5 Step left foot to left side, point right toe out to right side,
&6 Step right foot to right side, touch left toe next to right
7&8& Kick left foot to left diagonal, cross left foot behind right, step right foot to right side, cross left foot over right.

START AGAIN AND ENJOY!