

Knock 3 Times

COPPERKNOB
STEPSHEETS

拍数: 116 墙数: 2 级数: Intermediate
编舞者: Colleen Archer (AUS) - October 2011
音乐: Knock Three Times - Dawn : (Album: Knock Three Times - 3:01)



Intro: 16 counts SP. Weight on L - "For... Brad & Madie"

Info: PART A - 56 count PART B - 60 counts (30 repeated to opposite side) - One Restart

PART A

½ PIVOT, ½ PIVOT, ROCK FWD, BACK, SHUFFLE BACK

1, 2 Step R forward, Turn ½ left taking weight L
3, 4 Step R forward, Turn ½ left taking weight L
5, 6 Step R forward, Recover L
7 & 8 Shuffle back stepping R L R (12)

TOE BACK, TURN ¼, BEHIND, SIDE, ACROSS, SIDE, TOUCH, SIDE SHUFFLE

1, 2 Touch L toe back, Turn ¼ left keeping weight on R
3 & 4 Step L behind R, Step R to side, Step L across R
5, 6 Step R to side, Touch L beside R
7 & 8 Step L to side, Step R beside L, Step L to side (9)

R SAILOR, L SAILOR, BACK, HOOK, FWD, SCUFF

1 & 2 Step R behind L, Step L to side, Recover R
3 & 4 Step L behind R, Step R to side, Recover L
5, 6 Step R back, Hook L across R knee
7, 8 Step L forward, Scuff R forward (9)

TURN ¼ & SIDE, TOUCH, SIDE, TOUCH, REPEAT

1, 2 Turn ¼ left & step R to side, Touch L beside R and clap
3, 4 Step L to side, Touch R beside L and clap
5, 6 Turn ¼ left & step R to side, Touch L beside R and clap
7, 8 Step L to side, Touch R beside L and clap (3)

ROCK SIDE, REC, X SHUFFLE, ROCK SIDE & TURN ¼ & REC, COASTER

1, 2 Step R to side, Recover L
3 & 4 Step R across L, Step L to side, Step R across L
5, 6 Step L to side, Turn ¼ left taking weight R
7 & 8 Step L back, Step R beside L, Step L forward (12)

ROCK FWD, REC, SHUFFLE BACK, ROCK BACK, REC, ½ TURNING SHUFFLE

1, 2 Step R forward, Recover L
3 & 4 Shuffle back stepping R L R
5, 6 Step L back, Recover R
7 & 8 Turn ¼ right & step L to side, Step R beside L, Turn ¼ right & step L back (6)

ROCK BACK, REC, KICK BALL STEP, SWAY R, L, R, L

1, 2 Step R back, Recover L
3 & 4 Kick R forward, Step R back, Step L slightly forward
5 - 8 Step R to side & sway hips R L R L (weight ends on L) (6)

PART B - CHORUS

STOMP & CLAP, 2 HEEL TAPS WITH CLAPS, HOLD, ROCK BACK, REC

1, 2, 3 Stomp R forward & clap, Raise & lower R heel twice & clap on each heel beat
4 Hold (weight on L)
5, 6 Step R back, Recover L (6)

½ PIVOT, X SAMBA, X SAMBA, ROCK FWD, REC

1, 2 Step R forward, Turn ½ left taking weight L
3 & 4 Step R across L, Step L to side, Recover R
5 & 6 Step L across R, Step R to side, Recover L
7, 8 Step R forward, Recover L (12)

BACK, HOLD, TOG, ROCK BACK, REC, ROCK SIDE, REC, SAILOR

1, 2 Step R back, Hold
& 3, 4 Step L beside R, Step R back, Recover L
5, 6 Step R to side, Recover L
7 & 8 Step R to behind L, Step L to side, Recover R (12)

ROCK FWD, REC, TURNING ½ TRIPLE ON SPOT, ROCK FWD, REC, COASTER

1, 2 Step L forward, Recover R
3 & 4 Turn ½ left stepping L R L on spot
5, 6 Step R forward, Recover L
7 & 8 Step R back, Step L beside R, Step R forward (6)

STOMP & CLAP, 2 HEEL TAPS WITH CLAPS, HOLD, ROCK BACK, REC

1, 2, 3 Stomp L forward & clap, Raise & lower L heel twice & clap on each heel beat
4 Hold (weight on R)
5, 6 Step L back, Recover R (6)

½ PIVOT, X SAMBA, X SAMBA, ROCK FWD, REC

1, 2 Step L forward, Turn ½ right taking weight R
3 & 4 Step L across R, Step R to side, Recover L
5 & 6 Step R across L, Step L to side, Recover R
7, 8 Step L forward, Recover R (12)

BACK, HOLD, TOG, ROCK BACK, REC, ROCK SIDE, REC, SAILOR

1, 2 Step L back, Hold
& 3, 4 Step R beside L, Step L back, Recover R
5, 6 Step L to side, Recover R
7 & 8 Step L behind R, Step R to side, Recover L (12)

ROCK FWD, REC, TURNING ½ TRIPLE ON SPOT, ROCK FWD, REC, COASTER

1, 2 Step R forward, Recover L (add finish)
3 & 4 (56) Turn ½ right stepping R L R on spot (restart, add step)
5, 6 Step L forward, Recover R
7 & 8 Step L back, Step R beside L, Step L forward (6)

Begin again.....

SEQUENCES: A B A B (short wall) A B

SHORT WALL: Second B, dance to count 56 add a quick step L beside R & start again facing 12 o'clock.

FINISH: Dance to count 54 in Part B, then add....

3 & 4 Full turn right stepping R L R on spot
5 – 8 Stomp L forward, Stomp R beside L and clap three times.

NOTE: I have opted to use Parts A and B simply because of the distinctive counts in the chorus.

116 counts may seem too long, but somehow it isn't ...just enjoy the song and sing along.

Contact: www.ripper.com.au/~luckystrikedance - email: luckystrikedance@ripper.com.au

Dance may be copied and distributed provided original steps remain unchanged.
