

LDMF (aka Knockin' Boot Strut)

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Noe J. Roldan (USA) - March 2019
音樂: Knockin' Boots - Luke Bryan



Dance starts on lyrics right when the song begins, be ready as there is no music intro and therefore no count-in

TOE STRUTS – CROSS BEHIND – TOUCH TO SIDE – CROSS BEHIND – STEP TO SIDE (Counts 1 – 4 add hip sways for style)

- 1 – 2 (1) Tap right toes forward – (2) Step down on right foot
- 3 – 4 (3) Tap left toes forward – (4) Step down on left foot
- 5 – 6 (5) Cross right foot behind left – (6) Touch left toes out to side
- 7 – 8 (7) Cross left foot behind right – (8) Step right foot to right

CROSS – HOLD – OUT, OUT – HEEL GRIND W/ TURN – TRIPLE STEP

- 1 – 2 (1) Cross left foot in front of right – (2) Hold for one count
- &3 – 4 (&) Step right foot slightly to right – (3) Step left foot slightly to left – (4) Step right heel in front of left foot
- 5 – 6 (5) ¼ turn to right while pivoting on right heel and bringing weight back to left leg – (6) Step right foot back
- 7 – &8 (7) Step left foot forward – (&) Step right foot behind left – (8) Step left foot forward

(Restart here on wall 11)

ROCK – RECOVER – HEEL JACK – HEEL GRIND W/TURN – COASTER STEP

- 1 – 2 (1) Rock forward on right leg – (2) Recover weight on left leg
- &3 – &4 (&) Step back on right foot – (3) Tap left heel forward – (&) Step left foot to center – (4) Step right foot next to left
- 5 – 6 (5) Step left heel forward – (6) ¼ turn to left while pivoting on left heel and bringing weight back to right leg
- 7 - &8 (7) Step back on left foot – (&) Step right foot next to left – (8) Step left foot forward

¼ TURN WITH HIP BUMPS – ½ TURN WITH HIP BUMP – OUT, OUT, IN, IN ON HEELS (X2)

- 1 – 2 (1) ¼ turn left and step right foot to side with a hip bump – (2) Bump hips again
- 3 – 4 (3) ½ turn left pivoting on right foot – (4) Bump hips to left
- &5 (&) Step right heel out diagonally forward – (5) Step left heel out diagonally forward
- &6 (&) Step right foot back to center – (6) Step left foot back to center
- &7 Repeat &5
- &8 Repeat &6

Restart on wall number 11 after 16 counts

This choreography is dedicated with much love and appreciation to my friends from Ohio, the LDMF crew!!
This dance is for you guys, enjoy!! :)