

Knockdown

拍數: 32 牆數: 4 級數: Intermediate WCS
編舞者: Maryloo (FR) - 2008
音樂: Knockdown - Alesha Dixon
或: Walkin' After Midnight - Groovegrass
或: Cowboy Up - Jill Johnson
或: Sweet Little Shoe - Dan Seals
或: Addicted To Love - Kimber Clayton



WALKS FORWARD RIGHT, LEFT – RIGHT ANCHOR – BALL STEP - ½ PIVOT RIGHT – SAILOR ½ TURN RIGHT

1 – 2 Walk forward right, walk forward left
3& 4 Cross right behind left, recover weight onto left, step back on right on place
&5 Step left back (on the ball) , step forward on right
6 Pivot ½ turn right on the right foot , left foot behind
7&8 Step right behind left, pivot½ turn right, step left next to right , step right slightly forward

BACK ROCK - RIGHT SWIVEL – PIVOT ½ TURN - LEFT SWIVEL –TRIPLE STEP ¾ TURN – SIDE ROCK - FORWARD - SYNCOPATED JAZZ BOX

&1 Step left slightly behind (on the ball) , recover on right with swivel on right foot to right diagonal
2 Pivot ½ turn left on the two balls with swivel on left foot on left diagonal
3&4 Make ¾ turn : Triple step on place to left side : right, left, right
5 &6 Rock left side on left, recover onto right, step left forward
7 &8 Cross right over left , step back on left, step right to right side

SAYLOR ¼ TURN – CROSSES – KICK and ¼ TURN – COASTER STEP

1 &2 Cross left behind right with 1/4 turn left , step right to right side, step left to left side.
3&4&5 Cross right over left, step left to side, cross right over left , step left to side, cross right over left
6 Make ¼ turn left with left kick forward
7 &8 Step back on left, step right next to left, step forward on left.

KICK BALL BACK POINT - TAPS TWICE - BALL STEP - JUMP ½ TURN LEFT – BALL STEP - FORWARD - SCUFF - HITCH – SWIVELS

1 &2 Kick right forward, replace right next to left, extend left toe back
& 3 left toe taps behind (twice)
& 4 Step back on left (on the ball), replace the weight forward on right
& 5 Make ½ turn left with jumping (Ball step) rock on the left foot(on the ball) , replace the weight on the right foot behind
& 6 Step Left forward , Scuff right heel forward
& Hitch right knee forward
7&8& Step right toe on right diagonal forward and make swivels right, left, right, left.

Have Fun!

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