

Knock

拍數: 48 牆數: 4 級數: Improver
編舞者: Caroline Cooper (UK) & Julie Snailham (ES) - August 2022
音樂: Knock - Brooke Eden



Intro: 16

Restart - During Wall 3 After 20 Counts Facing 3 O'clock

S: 1 SIDE TOGETHER FWD, STEP FWD TOUCH, SIDE TOGETHER, COASTER STEP (12.00)

1-2 Step R to R side, close L to R
3-4 Step R fwd, touch L to R
5-6 Step L to L side, close R to L
7&8 Step L back, step R to L, step L fwd

S: 2 ROCK FWD, RECOVER, SHUFFLE ½ R, MONTERAY ¼ R (9.00)

1-2 Rock fwd R, recover on L
3&4 Turn ¼ R step R to R, close L to R, turn ¼ R step R to R
5-6 Step fwd on L, point R to R side
7-8 Turn ¼ R step on R, point L to L side

S: 3 SYNCOPATED WEAVE R, ROCK SIDE, REC, BEHIND SIDE CROSS (9.00)

1-2 Cross L over R, step R to R side
3&4 Step L behind R, step R to R side, cross L over R (Restart here on Wall 3 (3.00))
5-6 Rock R out to R side, recover on L
7&8 Step R behind L, step L to L side, cross R over L

S:4 ROCK SIDE REC, COASTER STEP, STEP FWD PIVOT L, WALK X 2 (3.00)

1-2 Rock out on L, recover on R
3&4 Step back on L, step R to L, step fwd on L
5-6 Step fwd on R, pivot ½ L
7-8 Step fwd R, step fwd L

S: 5 JAZZ BOX CROSS, SIDE DRAG, TOGETHER, CROSS SHUFFLE (3.00)

1-2 Cross R over L, step back L
3-4 Step R to R side, cross L over R
5-6 Step R to R side, drag L up next to R
7&8 Cross R over L, step L to L side, cross R over L

S:6 SIDE TOUCH, SIDE TOUCH, SIDE HOLD, TOGETHER, SIDE TOUCH (3.00)

1-2 Step L to L side, touch R next to L
3-4 Step R to R side, touch L next to R
5-6 Step L to L side, Hold,
&7-8 Step R next to L, step L to L side, touch R next to L

Thank you for looking/teaching our dance Any queries/questions please contact me at
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