

The Knock Off

拍數: 52 牆數: 2 級數: Easy Intermediate
編舞者: Kate Moore (AUS) - November 2022
音樂: Knock Off - Jess Moskaluke



#24 Count Intro – Weights Starts On Left

Restart On Wall 3 After 16 Counts With Step Change To 06:00

Restart On Wall 4 After 32 Counts To 12:00

[1 – 8] Rumba Shuffle - Side Together, Shuffle Fwd R, Side Together, Shuffle Back L

1,2 Step R To R Side, Step L Beside R
3&4 Step R FWD, Step L Beside R, Step R FWD
5,6 Step L To L Side, Step R Beside L
7&8 Step L Back, Step R Beside L, Step L Back (12:00)

[9 – 16] Rock Back, Recover, Step Pivot ½ L x 2, Step Pivot ¼ L

1,2 Step Back On R, Recover Wgt L
3,4 Step R FWD, Pivot ½ L With Wgt On L
5,6 Step R FWD, Pivot ½ L With Wgt On L
7,8 Step R FWD, Pivot ¼ L (09:00)

* Restart Here On Wall 3 With Step Change – Count 7, 8 Pivot ½ L Restart To 06:00

Easy Option For Counts 3 – 6 R FWD Rocking Chair

[17 – 24] Travelling FWD R Samba, Cross Point, R Samba, Cross Point

1&2 Cross R In Front Of L, Step L To L Side, Replace Wgt To R
3,4 Cross L Over R, Point R To R Side
5&6 Cross R In Front Of L, Step L To L Side, Replace Wgt To R
7,8 Cross L Over R, Point R To R Side (09:00)

[25 – 32] Travelling Back, R Sailor, L Sailor, Rock R Back, Replace Wgt To L, Pivot ¼ L

1&2 Step R Behind L, Step L To L Side, Step R To R Side
3&4 Step L Behind R, Step R To R Side, Step L To L Side
5,6 Step Back On R, Replace Wgt To L
7,8 Step R FWD, Pivot ¼ L (06:00) ** Restart Here On Wall 4 To 12:00

[33 – 40] Figure Eight Weave Ending With Side Shuffle To R

1,2 Cross R Over L, Step L To L Side
3,4 Step R Behind L, Step ¼ L
5,6 Step R FWD, Pivot 1/2 L
7&8 Making A ¼ Turn L Side Shuffle To R Side (06:00)

[41 – 48] Rock L Back, Replace, Step L Heel To Diag, Hold, Ball Cross, Side R, R Heel Diag, Clap Twice

1,2 Rock L Back, Recover Wgt To R
3,4 Step L Heel To Slight Diagonal, Hold
&5,6 Ball Cross R Over L, Step L To L Side
7&8 Step R Heel To R Diagonal, Double Clap In Front Of R Shoulder (06:00)

[49 – 52] Step Down R, Tap L Toe To L Diag Side, Step Down L, Tap R Toe To R Diag

1,2 Step Down R Rotating Hip Anti Clockwise, Touch L Toe To L Diagonal
3,4 Step Down L Rotating Hip Clockwise, Touch R Toe To R Diagonal

Ending – Dance To Count 48 Facing 12:00

