

# Knock Knock Knocking

拍數: 32      牆數: 4      級數: Improver  
編舞者: Lois Lightfoot (UK)  
音樂: Knocking On Heaven's Door - Rebel Yell



---

## SAILOR SHUFFLES AND SKATES FORWARD

1&2      Right foot step behind left, left foot step to side, right foot step in place  
3-4      Skate diagonally forward on left foot, skate diagonally forward on right foot  
5&6      Left foot step behind right, right foot step to side, left foot step in place  
7-8      Skate diagonally forward on right, skate diagonally forward on left foot

## STOMP, HOLD, SHUFFLE FORWARD TWICE

9-10      Stomp right foot forward, hold for 1 beat  
11&12      Left shuffle forward stepping - left, right, left  
13-14      Stomp right foot forward, hold for 1 beat  
15&16      Left shuffle forward stepping - left, right, left

## ROCK FORWARD, SHUFFLE ¼ RIGHT, WEAVE WITH ¼ TURN RIGHT

17-18      Rock forward on right foot, rock weight back onto left  
19&20      Make ¼ shuffle turn over right shoulder stepping - right, left, right  
21-22      Cross left foot over right, step right foot to right side  
23-24      Step left foot behind right, step right foot to right side making ¼ turn right

## ROCK FORWARD, SHUFFLE ¾ LEFT, STEP, HOLD, AND SIDE ROCK

25-26      Rock forward on left foot, rock weight back onto right  
27&28      Make ¾ shuffle turn over left shoulder stepping - left, right, left  
29-30      Step right foot to right side, hold for 1 beat  
&31      Step left foot beside right, step right out to side & rock onto right foot  
32      Recover weight onto left foot

## REPEAT

---