

Knock On Wood

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 4 級數: Improver
編舞者: Chris Watson (AUS)
音樂: Knock On Wood - Amii Stewart



Sequence: AAB, AB, AAB, AAAA(1-24), AAB, AA

PART A

TOUCH FRONT SIDE, COASTER - REPEAT

- 1-2-3&4 Touch right toe forward, touch right toe to right side, step right foot back, step left together, step forward onto right
- 5-6-7&8 Touch left toe forward, touch left toe to left side, step left foot back, step right together, step forward onto left

STEP FORWARD ¼ TURN PIVOT, CROSS FRONT, SIDE, SAILOR STEPS

- 1-2 Step right foot forward, do a ¼ turn left and take weight onto left foot (9:00)
- 3-4 Cross right over in front of left, step left to left side
- 5&6 Step right behind left, left to left side, step weight back onto right
- 7&8 Step left behind right, right to right side, step weight back onto left

STEP FORWARD PIVOT ½ TURN, SHUFFLE FORWARD RIGHT, LEFT, PIVOT ½

- 1-2 Step right foot forward, pivot a ½ turn left taking weight onto left (3:00)
- 3&4 Shuffle forward on a slight diagonal to the right - right, left, right
- 5&6 Shuffle forward left on a slight diagonal to the left - left, right, left
- 7-8 Step right foot forward, pivot a ½ turn left taking weight onto left (9:00)

ROCK FORWARD, REPLACE, HEELS BACK RIGHT, LEFT, RIGHT, LEFT -TOE BACK RIGHT TWICE

- 1-2 Rock forward onto right foot, back onto left
- &3 Step right foot back, touch left heel forward
- &4 Step left foot back, touch right heel forward
- &5 Step right foot back and touch left heel forward
- &6 Step left foot back and touch right heel forward
- 7-8 Touch right toe back twice

PART B

ROLLING FREEZE FORWARD, STOMP, BOUNCE, BOUNCE, BOUNCE

- 1-2-3-4 Roll forward right on a right diagonal stepping right, left, right, left together
- 5-6-7-8 Stomp right foot forward bounce heels up and down (3 times) as you knock on wood in mid air