

Knock Three Times

拍數: 56 牆數: 2 級數: Intermediate
編舞者: Glynn Rodgers (UK)
音樂: Knock Three Times - Tony Orlando & Dawn



SCUFF, HIP BUMPS, GRAPEVINE

- 1-2 Scuff right foot forward and step right foot to right side bumping hips right
- 3-4 Bump hips left and right
- 5-6 Step left to left side, step right behind left
- 7-8 Step left to left side, touch right beside left

ROLLING GRAPEVINE, SHUFFLE, SCUFF AND JAZZ JUMP

- 1-2 Step right ¼ turn right, on ball of right make ½ turn right stepping back left
- 3-4 On ball of left make ¼ turn right stepping right to right side, touch left beside right
- 5&6 Step left foot forward, close right to left, step left foot forward
- 7&8 Scuff right foot forward, step right slightly out to right side, step left slightly out to left side

On counts 7&8 keep weight on your right leg

HIP BUMPS, STEP, TOUCH AND VAUDEVILLE

- 1-2 Bump hips left and right
- 3-4 Step left to left side, touch right beside left
- 5-6 Step right to right side, step left behind right
- &7 Step back right back, dig left heel forward
- &8 Step left back to place, cross right over left

TURN, TURN, TOUCH, KICK, CHASSE, KICK AND STEP

- 1-2 Step back left turning ¼ right, step forward right turning ¼ right
- 3-4 Touch left beside right, kick left diagonally forward
- 5&6 Step left to left side, close right to left, step left to left side
- 7-8 Kick right forward, step right slightly to right side

On counts 7&8 angle body an eighth to right side

KICK, STEP, KICK BALL CROSS, SIDE ROCK, CROSS SHUFFLE

- 1-2 Step left forward, step left in place
- 3&4 Kick right foot forward, step right in place, cross left over right
- 5-6 Rock right to right side, recover weight on to left
- 7&8 Cross right over left, step left to left side, cross right over left

On counts 1-4 keep body angled an eighth right. On counts 5-6 straighten up to front wall

SIDE ROCK, CROSS SHUFFLE, POINTS AND HEELS

- 1-2 Rock left to left side, recover weight on to right
- 3&4 Cross left over right, step right to right side, cross left over right
- 5&6 Point right to right side, step right in place, point left to left side
- &7 Step left in place, dig right heel forward
- &8 Step right in place, dig left heel forward

PIVOT TURN, POINTS, HEELS AND PIVOT TURN

- &1-2 Step left in place, step right foot forward, pivot ½ turn left
- 3&4 Point right to right side, step right in place, point left to left side
- &5 Step left in place, dig right heel forward
- &6 Step right in place, dig left heel forward
- &7-8 Step left in place, step right foot forward, pivot ½ turn left

REPEAT

TAG

After the end of the 2nd wall

WALK, WALK, KICK BALL CHANGE

1-2 Walk forward right and left

3&4 Kick right foot forward, step right in place, step left in place
