

Knock, Knock

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Fulvio Durazza (AUS)
音樂: Knock, Knock - The Hutchens



Lyric's start immediately, wait 16 counts after, the lyric's finish or total of 48 counts from the start of the music.

- 1-4 Leap forward stepping right, left (feet together), kick right foot forward 45 degrees, touch right toe over left foot.
- 5-8 Leap forward stepping right, left (feet should be shoulder width apart), bounce heels twice.
- 9-12 Slap right leg behind with left hand, touch right heel to right side, slap right leg in front with left hand, touch right heel to right side.
- &13-14 Slightly lift right heel off ground & step onto right foot turning ¼ turn left touching left heel forward, slap left leg behind with right hand
- 15&16 Shuffle forward left-right-left
- 17-20 Step forward right, pivot ½ turn left, step right to right side, step left behind right
- &21&22 Step right to right side & left heel 45 degrees left, step left slightly back & cross right over left
- 23-24 Step left to left side, touch right together
- 25-28 Turn full turn right stepping right-left (traveling to right side), shuffle to right side right-left-right
- &29&30 Jump back onto left foot with right heel 45 degrees right, jump together right-left
- 31-32 Step back right, step back left beside right

REPEAT

A bridge occurs on 4th wall. Dance the first 16 counts then start dance again. That is, after shuffle forward left-right-left go straight into leap forward stepping right-left (feet together)

VARIATION

This only occurs when you hear words "knock, knock who's there" excluding start of music). You can do your leap forward (beginning of dance) and instead of kick right foot forward 45 degrees, touch right toe over left foot, you can raise your right arm and pretend you are knocking twice on a door, then leap forward stepping right-left (feet should be shoulder width apart), and instead of bouncing heels, on the words "who's there", raise right hand to right side and left hand to left side at shoulder height & turn head ¼ turn right then ¼ turn left, hands & first head turn ¼ turn right is one count. This happens on "who's there".