

# Knockdown

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Maggie Gallagher (UK)  
音樂: Knockdown - Alesha Dixon



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## PLACE LEFT, WALKS, ROCKS FORWARD, BACK, SIDE ROCK, SCISSOR CROSSES, SIDE STEP RIGHT

&1-2      Step left next to right, walk forward right, walk forward left  
3&4      Rock forward onto right, rock back onto left, rock out to right side  
&5-6      Step left next to right, cross right over left, step left to left side  
&7-8      Step right next to left, cross left over right, step right to right side

## TOGETHER, SIDE STEP, TOUCH, PLACE LEFT, MOVING TOE TAPS, TOE PRESS, HEEL SWIVELS, LEAN BACK & RIGHT HITCH, BEHIND, SIDE, CROSS

&1-2      Step left next to right, step right to right side, touch left next to right  
&3&      Step left next to right, tap right toe forward, tap right toe forward (moving right foot forward)  
4      Press forward onto right toe with heel raised  
&5      Swivel right heel to the right, swivel right heel to the center  
6      Lean back onto left and hitch right knee  
7&8      Cross right behind left, step left to left side, cross right over left

## ¼ RIGHT, HEEL TAP, RIGHT STEP-FLICK LEFT, LEFT LOCK, STEP, ½ PIVOT LEFT, ¼ LEFT STEPPING TO RIGHT SIDE, WEAWE, POINT

&1      ¼ turn right stepping back on left, tap right heel forward (3:00)  
2      Step onto right while flicking left heel up at the back  
3&4      Step forward on left, lock right behind left, step forward on left  
5&6      Step forward on right, make ½ pivot turn left (9:00), make ¼ turn left stepping right to right side (6:00)  
&7      Cross left behind right, step right to right side  
&8      Cross left over right, point right to right side

## TOGETHER, WALK, HITCH, TOGETHER, POINT LEFT, TOGETHER, RIGHT TOUCH, PLACE RIGHT, 3 X ¼ WALKING TURNS LEFT WALK FORWARD RIGHT

&1      Step right next to left, walk forward on left foot  
2      Hitch right knee forward  
&3      Step right next to left, point left to left side  
&4      Step left next to right, touch right toe next to left  
&      Place right next to left  
5      ¼ turn left stepping forward onto left (3:00)  
6      ¼ turn left stepping right to right side (12:00)  
7-8      ¼ turn left stepping forward on left, walk forward on right (9:00)

**REPEAT**

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