

A Knockdown

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



RIGHT CROSS SHUFFLE, TRIPLE HALF TURN RIGHT, RIGHT CROSS SHUFFLE, SIDE ROCK ¼ TURN RIGHT STEP

1&2 Cross step right over left, step left to left side, cross step right over left
3&4 Left triple ½ turn right stepping left, right, left. (6:00)
5&6 Cross step right over left, step left to left side, cross step right over left
7&8 Rock left to left side, recover weight on right making ¼ turn right, step forward on left

TRIPLE FULL TURN LEFT, LEFT KICK-BALL-CROSS, SIDE TOGETHER FORWARD, SIDE ROCK & TOUCH

1&2 Traveling forward - right triple full turn left stepping right, left, right. (9:00)
3&4 Kick left forward, step ball of left beside right, cross step right over left
5&6 Step left to left side, close right beside left, step forward on left
7&8 Rock right to right side, recover weight on left, touch right toe across left

SIDE ROCK & CROSS, TRIPLE HALF TURN RIGHT, HIP BUMPS RIGHT & LEFT (TRAVELING FORWARD)

1&2 Rock right to right side, recover weight on left, cross step right over left
3&4 Left triple ½ turn right stepping left, right, left. (3:00)
5&6 Step right slightly forward bumping hips right, left, right. (weight on right)
7&8 Step left slightly forward bumping hips left, right, left. (weight on left)

Counts 5-8 above should travel slightly forward

PADDLE ¼ TURN LEFT TWICE, RIGHT KICK-BALL-BACK, & BACK, & BACK, 2 X WALKS FORWARD

&1 Hitch right knee across left, make ¼ turn left pointing right toe to right side
&2 Hitch right knee across left, make ¼ turn left pointing right toe to right side
3&4 Kick right forward, step back on ball of right, step back on left
&5 Step back on ball of right, step back on left. (feet apart)
&6 Step back on ball of right, step back on left. (feet apart)
7-8 Walk forward on right, walk slightly forward on left. (9:00)

REPEAT

Thanks to Rick for putting me on to the Track
