

Know Idea

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: Heidi Leigep-Brown (AUS)
音樂: He Doesn't Even Know Her - John Berry



Many thanks to Sooz, my dancing partner, for being my guinea pig, Darren for teaching & proof reading my dances as I don't know my left from my right, Michele for typing up my dance sheets and correcting me on my step descriptions as I'm hopeless

LEFT SIDE ROCK, RECOVER RIGHT, ½ PIVOT RIGHT DOROTHY, STEP, TOUCH

- 1-2&3-4 Step left to left, rock on right, step left beside right, step right forward, turn ½ left (weight on left)
- 5-6&7-8 Step right forward 45 degrees right, lock/step left behind right, step right forward 45 degrees right, step left forward 45 degrees left, touch right toe beside left heel

RIGHT HEEL FORWARD, RIGHT HEEL SIDE, RIGHT KICK BALL STEP, MOVING FORWARD ¼ TURN LEFT, SWAY HIPS RIGHT, SWAY HIPS LEFT

- 9-10-11&12 Touch right heel forward, touch right heel to right side, kick right to right side, step right next to left, step left forward
- 13-14-15-16 Moving forward turn ¼ left stepping right to right, turn ½ left stepping left to left, sway hips right, sway hips left (weight ends on left)

RIGHT HEEL FORWARD, RIGHT HEEL SIDE, RIGHT KICK BALL STEP, MOVING FORWARD ¼ TURN LEFT, SWAY HIPS RIGHT, SWAY HIPS LEFT

- 17-18-19&20 Touch right heel forward, touch right heel to right side, kick right to right side, step right next to left, step left forward
- 21-22-23-24 Moving forward turn ¼ left stepping right to right, turn ½ left stepping left to left, sway hips right, sway hips left (weight ends on left)

TOUCH, ½ TURN STEP, LEFT SIDE SHUFFLE, WALK BACK RIGHT, LEFT, RIGHT COASTER

- 25-26-27&28 Touch right toe to right, drag/step right beside left turning ½ right, step left to left, step right beside left, step left to left
- 29-30-31&32 Step right back, step left back, step right back, step left beside right, step right forward (right coaster)

Restart from here on wall 5

STEP, ROCK, CROSS SHUFFLE, STEP, LOCK, STEP LOCK SHUFFLE

- 33-34-35&36 Step left to left, rock on right, cross/step left over right, step right to side, cross/step left over right
- 37-38 Step right forward 45 degrees right, lock/step left behind right while lifting right heel off floor (right knee bent, weight on left)
- 39&40 Step right forward 45 degrees right, lock/step left behind right, step right forward 45 degrees right

STEP, ROCK TURNING ¼ LEFT, LEFT COASTER STEP, LOCK, STEP LOCK SHUFFLE

- 41-42-43&44 Step left to left, rock onto right turning ¼ left, step left back, step right beside left, step left forward (left coaster)
- 45-46 Step right forward 45 degrees right, lock/step left behind right while lifting right heel off floor (right knee bent, weight on left)
- 47&48 Step right forward 45 degrees right, lock/step left behind right, step right forward

STEP, TOUCH, ¼ TURN RIGHT SHUFFLE, STEP, TOUCH, ¼ TURN RIGHT SHUFFLE

- 49-50-51&52 Step left 45 degrees left pushing hips left, drag/touch right beside left, turn ¼ right stepping right forward, step left beside right, step right forward

53-54-55&56 Step left 45 degrees left pushing hips left, drag/touch right beside left, turn ¼ right stepping right forward, step left beside right, step right forward

STEP, ROCK, BEHIND, SIDE, CROSS, STEP, ROCK, BEHIND, SIDE, CROSS

57-58-59&60 Step left to left, rock onto right, step left behind right, step right to right, cross/step left over right

61-62-63&64 Step right to right, rock onto left, step right behind left, step left to left, cross/step right over left

REPEAT

TAG

At end of wall 2 (facing back wall) repeat last 8 counts

STEP, ROCK, BEHIND, SIDE, CROSS, STEP, ROCK, BEHIND, SIDE, CROSS

57-58-59&60 Step left to left, rock onto right, step left behind right, step right to right, cross/step left over right

61-62-63&64 Step right to right, rock onto left, step right behind left, step left to left, cross/step right over left

BONUS STEPS

At end of tag (wall 2) and walls 3 & 4

1-2 Step to left, rock onto right

RESTART

Wall 5 - restart after count 32

29-30-31&32 Step right back, step left back, step right back, step left beside right, step right forward (right coaster)

FINISH

On wall 7 at count 38

STEP, ROCK, CROSS SHUFFLE, ¼ TURN RIGHT, DRAG/TOUCH LEFT BESIDE RIGHT

33-34-35&36 Step left to left, rock on right, cross/step left over right, step right to side, cross/step left over right

37-38 Turn ¼ right stepping forward on right, drag/touch left beside right
