

# White Knights (P)

拍數: 64      牆數: 0      級數: Partner  
編舞者: Jez Cauldwell (UK) & Susan McWilliams (UK)  
音樂: Hero (Metro Mix) - Enrique Iglesias



Position: Open Single, Facing Each Other

## LADY'S STEPS

### CROSS ROCK, TRIPLE, ROCK, TRIPLE

1-2            Cross right over left, step back on left  
3&4           Triple (right, left, right)  
5-6           Rock back left, recover weight on right  
7&8           Triple (left, right, left)

### CROSS ¼ TURN, SHUFFLE, ROCK FORWARD, COASTER

1-2            Cross right over left, turning ¼ right  
**Into Open Promenade position, moving toward LOD**  
3&4           Right shuffle (right, left, right)  
5-6           Rock forward left, recover weight right  
7&8           Left coaster step

### POINT CROSS TWICE (MOVING FORWARD IN LOD)

1-2            Point right toe to right side, step right in front of left  
3-4            Point left toe to left side, step left in front of right  
5-6            Repeat 1-2  
7-8            Repeat 3-4

### ROCK FORWARD, TURNING ½ COASTER

1-2            Rock forward right recover weight on left  
**Cease all hand contact**  
3&4            Step right back, ¼ turn right on left foot step right in front completing another ¼ turn (you are now facing RLOD)

### POINT CROSS TWICE

**Rejoin with partner inside hands only to open promenade, you are both facing RLOD you will be moving in the direction of RLOD**

1-2            Point left to left side, step left in front right  
3-4            Point right to right side, step right in front left  
5-6            Repeat 1-2  
7-8            Repeat 3-4

### ROCK, ¼ TURNING SHUFFLE

1-2            Rock forward left recover weight on right  
3&4            Left coaster turning ¼ right (left, right, left)

**Rejoin hands on open double**

### DIAGONAL ROCK, DIAGONAL SHUFFLE, DIAGONAL ROCK, ¼ TURN COASTER

1-2            Rock forward right diagonal, recover weight on left  
3&4            Right shuffle diagonal (right, left, right,) back towards outer circle  
5-6-1        Rock back left diagonal, recover weight on right

**Hold inside hands only**

7&8            Triple (left, right, left) making ¼ turn right

## **DIAGONAL STEP TOUCH TWICE**

### **Moving forward in LOD**

- 1-2 Step right to right side diagonal, touch left to right
- 3-4 Step left to left side diagonal, touch right to left
- 5-6 Repeat 1-2
- 7-8 Repeat 3-4

## **¾ CIRCLE SHUFFLE RIGHT**

### **No hand contact**

- 1&2 Shuffle (right, left, right)
- 3&4 Shuffle (left, right, left)
- 5&6 Repeat 1 & 2
- 7&8 Repeat 3&4

## **REPEAT**

## **MAN'S STEPS**

### **CROSS ROCK, TRIPLE, ROCK, TRIPLE**

- 1-2 Cross left over right, step back on right
- 3&4 Triple (left, right, left)
- 5-6 Rock back right, recover weight on left
- 7&8 Triple (right, left, right)

### **CROSS ¼ TURN, SHUFFLE, ROCK FORWARD, COASTER**

- 1-2 Cross left over right, turning ¼ left (moving toward LOD)
- 3&4 Left shuffle (left, right, left)
- 5-6 Rock forward right, recover weight left
- 7&8 Right coaster touch

### **POINT CROSS TWICE (MOVING FORWARD IN LOD)**

- 1-2 Point right toe to right side, step right in front of left
- 3-4 Point left toe to left side, step left in front of right
- 5-6 Repeat 1-2
- 7-8 Repeat 3-4

### **ROCK FORWARD, TURNING ½ COASTER**

- 1-2 Rock forward right recover weight on left

### **Cease all hand contact**

- 3&4 Step right back, ¼ turn right on left foot step right ¼ in front

### **You are now facing RLOD**

### **POINT CROSS TWICE**

### **Rejoin with partner inside hands only, you are both facing RLOD you will be moving in the direction of RLOD**

- 1-2 Point left to left side, step left in front right
- 3-4 Point right to right side, step right in front left
- 5-6 Repeat 1-2
- 7-8 Repeat 3-4, but touching on step 8

### **ROCK, ¼ TURNING SHUFFLE**

- 1-2 Rock right forward recover weight on left
- 3&4 Right coaster turning ¼ left (right, left, right)

### **Rejoin hands in open double**

### **DIAGONAL ROCK, DIAGONAL SHUFFLE, DIAGONAL ROCK, ¼ TURN COASTER**

- 1-2 Rock back left diagonal, recover weight on right

- 3&4 Left shuffle forward diagonal (left, right, left,) towards outer circle  
5-6 Rock forward right diagonal, recover weight on left (hold inside hands only)  
7&8 Coaster, ¼ turn left(right, left, right)

**DIAGONAL STEP TOUCH TWICE (MOVING IN LOD)**

- 1-2 Step left to left side diagonal, touch right to left  
3-4 Step right to right side diagonal, touch left to right  
5-6 Repeat 1-2  
7-8 Repeat 3-4

**¾ CIRCLE SHUFFLE LEFT (NO HAND CONTACT)**

- 1&2 Shuffle (left, right, left)  
3&4 Shuffle (right, left, right)  
5&6 Repeat 1&2  
7&8 Repeat 3&4

**Rejoin hands open single ready to start again**

**REPEAT**

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