

Don't Knock It

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Bobby Horn (USA)
音樂: Girls With Guitars - Wynonna



PIVOT TURNS

- 1 (Pivoting on ball of right foot) turn $\frac{1}{4}$ right stepping on left (3:00)
- 2-4 Bounce on both heels 3 times
- 5 (Pivoting on ball of left foot) turn $\frac{1}{2}$ left stepping on right (9:00)
- 6-8 Bounce on both heels 3 times

$\frac{1}{4}$ TURN, KICK, $\frac{1}{2}$ TURN, KICK

- 9 (pivoting on ball of right foot) turn $\frac{1}{4}$ right, and step forward on left foot (12:00)
- 10 Kick right foot forward
- 11 (starting a $\frac{1}{2}$ turn right) step back on right foot
- 12 Kick left foot forward completing turn (6:00)

STOMP, HITCH, $\frac{1}{4}$ TURN, HITCH

- 13 Stomp left next to right
- 14 Hitch right knee (option: clap hands with hitch)
- 15 Turning $\frac{1}{4}$ to the right stomp forward on right (9:00)
- 16 Hitch left knee

STEP SLIDES

- 17 (Taking as big a step possible) step forward at a 45 degree angle to the left on left foot
- 18-20 Slowly slide and touch right next to left
- 21 (Taking as big a step possible) step forward at a 45 degree angle to the right on right foot
- 22-24 Slowly slide and touch left next to right (return to 9:00)

ROCK FORWARD, ROCK BACK

- 25 Rock forward on left foot
- 26 Rock back on right foot

STEP BACK, ROCK BACK

- 27 Step back on left foot
- 28 Rock back on right foot

ROCK FORWARD, STEP FORWARD

- 29 Rock forward on left foot
- 30 Step forward on right foot

STEP, PIVOT $\frac{1}{2}$ TURN

- 31 Step forward on left foot
- 32 Pivot on ball of left $\frac{1}{2}$ turn to the right transferring weight to right foot (3:00)

REPEAT
