

# Bhangra Knights

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Maureen Jones (UK) & Michelle Jones (UK)  
音樂: Bhangra Knights vs. Husan - Husan



## ROCK, SAILOR, CROSS ROCK, ¼ TURN, ¼ TURN WITH POINT

1-2      Rock right to right, recover on left  
3&4      Step right behind left, step left to left, step right to right  
5-6      Rock left across right, recover on right  
7-8      Making ¼ turn left step left forward, making ¼ turn left point right to right

## CROSS ROCK, SIDE, TOGETHER, BACK, DRAG, KICK-BALL-STEP

9-10      Angling body towards left diagonal rock forward on right, recover on left  
11-12      Angling body towards right diagonal step right large step right, step left beside right  
13-14      Still angling towards right diagonal step right large step back, drag left towards right  
&15&16      Quick step left beside right and straighten up to wall (6:00), kick right across left, step right in place, step left forward

## HITCH, ¼ TURN, HITCH, DIP, HIP BUMPS, HITCH-BACK-BACK

17-18      Hitch right knee, keeping weight on left make ¼ turn right and hitch right knee  
19-20      Step right large step to right side bending knees, drag left beside right straightening knees  
21-22      Bump hips left, bump hips right

**During counts 19-22, hands are palm to palm ('prayer' position) in front of chest. On hip bumps move hands slightly to left and then slightly to right to mirror hip movements.**

&23      Transfer weight to left, small hitch with right knee  
&24      Step right back, step left back

## ROCK, STEP, ½ TURN WITH HITCH, SIDE, DRAG, STEP, DIAGONAL ROCK, STEP

25-26      Rock back on right, recover forward on left  
27-28      Step right forward, make ½ turn left and hitch left knee  
29-30      Step left large step left, drag right towards left  
&31-32&      Step right beside left, rock left diagonally back left, recover weight forward on right, step left beside right

**REPEAT**