

Knock It Off

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Gaye Teather (UK) - February 2007
音樂: I Hear You Knocking - Dave Edmunds : (CD: Super 70's and other 70's
Compilations)



16 count

HEEL SWITCHES X 3, CLAP TWICE, CHASSE RIGHT, SAILOR ¼ TURN LEFT

1&2 Touch right heel forward, step right beside left, touch left heel forward
&3 Step left beside right, touch right heel forward
&4 Clap hands twice
5&6 Step right to right side, step left beside right, step right to right
7&8 ¼ turn left stepping left behind right, step right to right, step left to left (facing 9:00)

WALK FORWARD TWICE, FORWARD MAMBO ½ TURN RIGHT, WALK FORWARD TWICE, FORWARD MAMBO

1-2 Walk forward right, left
3&4 Rock forward on right, recover onto left, ½ turn right stepping forward on right (facing 3:00)
5-6 Walk forward left, right
Option: full turn right traveling forward
7&8 Rock forward on left, recover onto right, step back on left

HEEL, TOE, TAP, TAP, HIP BUMPS X 3, FORWARD ROCK, SHUFFLE ½ TURN LEFT

1&2& Touch right heel forward, lower right toes to floor, raise right heel & tap it to floor twice
3&4 Bump hips forward, back, forward (transferring weight onto right on last bump)
5-6 Rock forward on left, recover onto right
7&8 Shuffle ½ turn left stepping left, right, left (facing 9:00)

FORWARD ROCK, SHUFFLE ½ TURN RIGHT, STEP, PIVOT ¼ TURN RIGHT, CROSS SHUFFLE

1-2 Rock forward on right, recover onto left
3&4 Shuffle half turn right stepping right, left, right
5-6 Step forward on left, pivot ¼ turn right (facing 6:00)
7&8 Cross left over right, step right to right, cross left over right

TOE TAPS TWICE, KICK, BACK LOCK STEP, BACK, BACK, COASTER STEP

1&2 Tap right toes behind left foot twice, kick right forward on right diagonal
3&4 Step back on right, lock left over right, step back on right
5-6 Sweep left foot out and back, sweep right foot out and back
7&8 Step back on left, step right beside left, step forward on left

STEP, PIVOT ¼ TURN LEFT, KICK, OUT, OUT, IN, IN, OUT, OUT, IN, IN, KNEE POP

1-2 Step forward on right, pivot quarter turn left (facing 3:00)
3&4 Kick right forward, step right to right, step left to left
&5 Step right in, step left in
&6 Step right out to right, step left out to left
&7 Step right in, step left in
8 Pop right knee in

Steps &5-7 travel slightly backwards

REPEAT

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