

# The Knife

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: David Spencer (UK) - February 2008  
音樂: Control of the Knife - Girls Aloud : (CD: Tangled Up)



**Alt: Take These Chains From My Heart by Lee Roy Parnell**

(32 count intro - Start on vocals)

**R Kick & Point & Point – Kick. Weave Behind & Cross. L Side Rock, Recover ¼ Right.**

1 & 2      Kick R forward. Step down on R next to L. Point L toe to L.  
&3-4      Close L next to R. Point R toe to R. Kick R to R diagonal  
5 & 6      Cross R behind L. Step L to L side. Cross R over L.  
7 - 8      Rock out on L to L side. Recover on R making ¼ turn R. [3.00]

**Step Pivot ½ Turn R x 2. L Cross Side L Sailor**

1 – 2      Step forward on L. Pivot ½ turn R.  
3 – 4      Step forward on L. Pivot ½ turn R.  
5 – 6      Cross L over R. Step R to R side.  
7 & 8      L sailor step. [3.00]

**R Cross, ¼ Turn R. R Coaster Step. ¼ Turn Side Ball Cross Side.**

1 – 2      Cross R over L, Turn ¼ turn R stepping back on L.  
3 & 4      R coaster step.  
5 – 6      Making ¼ turn R step L to L side. Cross R behind L.  
&7- 8      Step slightly back on L. Cross R over L. Step L to L side. [9.00]

**Jazz Box ¼ Turn R x 2.**

1 – 2      Sweep R out and cross R over L. Step back on L.  
3 – 4      Turn 1/4 R stepping R to R side. Close L next to R.  
5 – 6      Cross R over L. Step back on L.  
7 – 8      Turn 1/4 R stepping R to R side. Close L next to R. [3.00]

**Step pivot ½ Turn L. R Shuffle forward. Step Pivot ½ Turn R. L Shuffle Forward.**

1 – 2      Step forward on R. Pivot ½ turn L.  
3 & 4      R shuffle forward on R-L-R.  
5 – 6      Step forward on L. Pivot ½ turn R.  
7 & 8      L shuffle forward on L-R-L [3.00]

**Toe Touch Hold & Toe Touch Hold. & Heel Switches. R Side Rock.**

1 – 2      Touch R toe next to L. Hold.  
&3- 4      Step slightly back on R. Touch L toe next to R. Hold.  
&5&6      Step slightly back on L. Touch R heel forward. Step slightly back on R. Touch L heel forward.  
&7 -8      Step down on L next on R. Rock out to R on R. Recover onto L. [3.00]

(Counts 1 – 6 should travel slightly back.)

**Cross Unwind Full Turn. Chasse L. R Cross Rock. Chasse R.**

1      Cross R over L bending L knee (dipping down slightly).  
2      Unwind full turn L (weight ends on R coming up onto R toe and hitching L knee up)  
3 & 4      Chasse L on L-R-L.  
5 – 6      Cross rock R over L. Recover back on L.  
7 & 8      Chasse R on R-L-R. [3.00]

**Cross Back Back Cross. L Side Rock. Weave Behind ¼ R Step Forward.**

- 1 – 2            Cross L over R. Slide R foot back slightly on R diagonal (body facing to L diagonal)  
3 – 4            Step back on L. Cross R over L (body still facing to L diagonal)  
5 – 6            Rock out to L on L (squaring up to 3.00 wall). Recover back on R.  
7 & 8            Cross L behind R. Turn ¼ right stepping forward on R. Step forward on L [6.00]
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