

Knock, Knock

拍數: 64 牆數: 2 級數: Improver
編舞者: Nicola Lafferty (UK) - July 2012
音樂: Knock Knock - Jack Savoretti : (iTunes)



Intro: 32 Counts (begin on vocals)

[1-8] R Heel Grind, Rock Back, Rock Fwd, ¼ turn stepping fwd, ¼ turn stepping side

1,2 Cross R heel over LF with R toe pointing to L, Step LF to L side as R toe moves to R
3,4 Rock RF back, Recover weight to LF
5,6 Rock RF fwd, recover weight to LF
7,8 Make ¼ Turn to the right stepping RF fwd, Make ¼ Turn to the Right stepping LF to L side

[9-16] Swivel Taps, Kicks travelling back

1,2 Swivel touch R toe to R diagonal, Step RF next to LF
3,4 Swivel touch L toe to L diagonal, Step LF next to RF
5,6 Kick RF fwd, step RF back
7,8 Kick LF fwd, step LF back

[17-24] 2 x Toe Struts fwd, Jazz Box

1,2 Touch R toe fwd, put R heel down
3,4 Touch L toe fwd, put L heel down
5,6,7,8 Cross RF over LF, Step LF back, Step RF to R side, Step LF fwd

[25-32] Step Together, Step Touch x 2

1,2 Step RF to R side, Close LF to RF
3,4 Step RF to R side, Touch LF beside RF
5,6 Step LF to L side, Close RF to LF
7,8 Step LF to L side, Touch RF beside LF

[33-40] Stomps, Taps, Rock Recover

1,2 Stomp RF to R diagonal, Stomp LF to L diagonal
3,4 Touch RF beside LF, Step RF to R side
5,6 Touch LF beside RF, Step LF to L side
7,8 Rock RF back, recover weight to LF

[41-48] 2 x slow pivot turns

1,2 Step RF fwd, hold
3,4 ½ pivot turn to L, hold
5,6 Step RF fwd, hold
7,8 ½ pivot turn to L, hold

[49-56] Stomps, Taps, Rock Recover

1,2 Stomp RF to R diagonal, Stomp LF to L diagonal
3,4 Touch RF beside LF, Step RF to R side
5,6 Touch LF beside RF, Step LF to L side
7,8 Rock RF back, recover weight to LF

[56-64] Step Lock Step Fwd, Hitch, Side Step, Hold, Roll (or heel bumps)

1,2,3 Step RF fwd, Lock LF behind RF, Step RF fwd
4 Hitch L knee up
5 Step LF to L side

6 Hold
7,8 Roll hips from R to L or bump heels x 2

**There are 2 tags in this dance – after you have danced Wall 4 and Wall 6, repeat counts 33-64.
After the tag, restart the dance from the beginning as normal ?**
