

Knock Yourself Out

拍數: 64 牆數: 4 級數: Improver - ECS
編舞者: Marie Sørensen (TUR) - September 2012
音樂: Knock Yourself Out - Lee Roy Parnell



Intro: 24 Counts

Kick, Kick, Sailor Step, Kick, Kick, ¼ Turn Run, Run, Run

1-2 Kick right fwd. kick right to right side
3&4 Cross right behind left, step left to left side, step right beside left
5-6 Kick left fwd. Kick left to left side
7&8 ¼ turn left, Run fwd. left, right, left (09:00)

Shuffle, Rock, Recover, Shuffle, Rock, Recover

1&2 Step fwd. Right, step left beside right, step fwd. right
3-4 Rock fwd. Left, recover
5&6 Step back on left, step right beside left, step back on left
7-8 Rock back on right, recover (09:00)

Step ¼ Turn, Cross Shuffle, Rock, Recover, Behind, Side, Cross

1-2 Step fwd. Right, ¼ turn left (Weight on left)
3&4 Cross right over left, step left to left side, cross right over left
5-6 Rock left to left side, recover
7&8 Step left behind right, step right to right side, cross left over right (06:00)

Side, Touch, Side, Touch, Walk, Walk, Scuff, Out, Out

1-2 Step right to right side, touch left beside right
3-4 Step left to left side, touch right beside left
5-6 Walk fwd. right, left
7&8 Scuff right fwd. step right to right side, step left to left side (06:00)

Knee Rolls (Elvis Knee)

1-2 Right knee in, hold
3-4 Left knee in, hold
5-6 Right knee in, left knee in
7-8 Right knee in, left knee in (06:00)

Kick, Kick, Sailor Step ¼ Turn, Kick, Kick, Sailor Step

1-2 Kick left fwd. kick left to left side
3&4 ¼ turn left, step left behind right, step right to right side, step fwd. left
5-6 Kick right fwd. kick right to right side
7&8 Step right behind left, step left beside right, step fwd. Right (03:00)

Fwd. Left, Tap, Back, Heel, Shuffle, Run, Run, Run

1-2 Step fwd. Left, tap right toe behind left & clap
3-4 Step back on right, tap left heel fwd. & clap
5&6 Step back on left, step right beside left, step back on left
7&8 Run back, right, left, right (03:00)

Back Rock, Recover, ¼ Paddle Turns Twice, Jazz Box, Cross

1-2 Rock back on left, recover
3-4 Step fwd. Left, ¼ turn right (Weight on right)(06:00)

5-6 Step fwd. Left, ¼ turn right (Weight on right)
7&8 Cross left over right, step back on right, step left beside right (09:00)

Have Fun!

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