Knock Knock

拍數: 64

級數: Intermediate

編舞者: Ingrind Kan (TW) - January 2013

音樂: Knock Knock - Jack Savoretti

Starts After 32 Counts

(1-8) Step Fwd L, Touch R, Step Back R, Touch L, Kick L, L Behind-Side-Touch

- 1-4 Step diagonally forward on left, touch right next to left, step diagonally back on right,
- 5-8 Kick left to left diagonal ,Cross left behind right , step right to right side , touch on left

(9-16) L Heel Fwd, L Toe Back, 4 Runs L-R-L-R Turn1/2 To L

- 1-4 Touch left heel forward (cross arms), touch left toe back (stretch arms)
- 5-8 Run Turn to Left 1/2 L-R-L-R (6:00)

(17-24) Heels, Toes, Heels, Hold (Clap)(L-R)

- 1-4 Feet together twist both heels to left, both toes to left, both heels to left, Clap
- 5-8 Feet together twist both heels to right, both toes to right, both heels to R, Clap

(25-32) Rock/Bump. RecoverX2. Coaster Step. R Stomp.

- 1-2 Rock/bump left forward. Recover on right
- 3-4 Rock/bump left forward. Recover on right.
- 5-7 Step back left. Step back right. Step forward left.
- 8 Step right next to left.

(During wall 5, doing 32 count & Restart)

(33-40) Rock, Recover. Out, Out. Heel BounceX2.

- 1-2 Rock forward left. Recover on right
- 3-4 Step left to left side. Step right to right side.
- 5-6 Both heels Up. Down with heels on floor .
- 7-8 Both heels Up. Down with heels on floor.(weight on L)

(41-48) ¼ Turning Right Jazz box With toe struts.

- 1-2 Touch ball of right over left , drop right heel to floor taking weight
- 3-4 Touch ball of left foot back , drop left heel to floor taking weight
- 5-6 Make ¼ turn right touching ball of right foot forward , drop right heel to floor taking weight
- 7-8 Touch ball of left forward , drop left heel to floor taking weight

(49-56) Back Kick Kick, Back Kick Kick, Walk x2

- 1-2-3 Step Right back, kick Left to Left diagonal two times
- 4-5-6 Step left back, kick Right to Right diagonal two times
- 7-8 Walk R-L

(57-64) Cross & Touch To Side, Cross & Touch To Side , Jazz Box 1/2 Turn Right

- 1-2 Cross right over left, touch left toe to side
- 3-4 Cross left over right, touch right toe to side
- 5-8 Cross right over left, step left back, 1/2 turn step right to side, touch left next to right

Have fun!

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牆數:4