

Knockin'

拍數: 32 牆數: 4 級數: Improver
編舞者: Gudrun Schneider (DE) - April 2014
音樂: Knockin - Freddie Stroma



Start on Vocals

HEEL DIGS 2x, COASTER STEP, ¼ PADDLE TURN 2x, COASTER STEP

1-2 Right heel diagonally forward - right heel diagonally forward (12:00),
3&4 RF step back, LF beside RF, RF step forward
5-6 ¼ turn right tap left toe to left , ¼ turn right tap left toe to left (6:00)
7&8 LF step back, RF beside left, LF step forward

(Restart : 3rd round)

MAMBO STEP, RUN BACK, COASTER STEP, FULL TRIPLE TURN RIGHT

1&2 RF rock forward, LF recover, RF step back
3&4 LF run back, RF run back, LF run back
5&6 RF step back, LF beside right, RF step forward
7&8 ½ Turn right, step back on LF, ½ turn R, RF step forward, LF step forward

OUT-OUT, HIP BUMPS, SAILOR STEP, SAILOR SHUFFLE TURNING ¼ R

1 - 2 RF step diagonally forward, LF step diagonally left (Weight left)
3&4 Bump hips right, bump hips left, bump hips right
5&6 Cross LF behind RF, step right , LF step left
7&8 Cross RF behind LF - ¼ turn right - step LF beside RF – RF step forward (9:00)

STEP- HEELS SPLITS, COASTER STEP, SIDE-TOGETHER-BACK, SIDE-TOGETHER-FORWARD

1&2 LF step forward, twist heels out, twist heels in
3&4 LF step back, RF beside left, LF step forward
5&6 RF step right, LF beside right, RF step back
7&8 LF step left, RF beside left, LF step forward

Restart: on wall 3 after 8 counts (facing 12:00)

Have fun

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