|  |  |
| --- | --- |
| Knockin' |  |

.

|  |
| --- |
| . |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Gudrun Schneider (DE) - April 2014 |
| **Music:** | 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**

**Contact: gudrun@gudrun-schneider.com**