Knock On The Door (敲敲門) (zh)

Count: 32 **Wand:** 2 **Ebene:** High Beginner
Choreograf/in: Nina Chen (TW) - 2017年12月
Musik: Knock on the Door (敲敲門) - Huang Xiao Feng (黃曉鳳)

Intro: 32 counts

Sec 1: (R&L) TOE STRUT - HIP BUMP

1-4	Touch R toe fwd - Drop R heel to the floor - Touch L toe fwd - Drop L heel to the floor
5&6, 7&8	Step RF to R bump hip (R L R), Weight recover on L bump hip (L R L)
1-4	右足尖前點 - 放落右足跟回地板 - 左足尖前點 - 放落左足跟回地板
5&6, 7&8	右足右踏並推臀 (右 左 右), 重心回左足並推臀 (左 右 左)

Sec 2: CHASSE R - ROCK BACK - RECOVER, CHASSE L - ROCK BACK - RECOVER

1&2, 3-4	Step RF to R - Step LF beside RF - Step RF to R, Rock LF back - Recover onto RF
5&6, 7-8	Step LF to L - Step RF beside LF - Step LF to L, Rock RF back - Recover onto LF
1&2, 3-4	右足右踏 - 左足併踏右足旁 - 右足右踏, 左足後下沉 - 重心回右足
5&6, 7-8	左足左踏 - 右足併踏左足旁 - 左足左踏, 右足後下沉 - 重心回左足

Sec 3: MONTEREY 1/4 TURN R, JAZZ BOX 1/4 TURN R

1-4	Touch RF to R - On ball of LF 1/4 turn R (3:00) step RF beside LF - Touch LF to L - Step LF beside RF
5-8	Cross RF over LF - Step LF back - 1/4 turn R (6:00) step RF to R - Cross LF over RF
1-4	右足右側點 - 左足向右墊轉1/4 (3:00) 右足併踏左足旁 - 左足左側點 - 左足併踏右足旁
5-8	右足前跨 - 左足後踏 - 右轉1/4 (3:00) 右足右踏 - 左足前跨

Sec 4: (R&L) SIDE TOUCH, HIP BUMP

1-4	Step RF to R - Touch L toes to L - Step LF to L - Touch R toes to R

(Optional: SIDE WITH HIPS ROLL - TOUCH WITH HIPS PUSH)

5-8	Bump hip (R L R L)
1-4	右足右踏 - 左足左點 (- 左足左踏 - 右足右點

(可自選: 旁踏時轉臀 - 側點時推臀)

5-8	推臀 (右 左 右 左)

Tag1: After Wall3 (6:00)
T1Sec 1: (R&L) DIAGONAL FWD SHUFFLE - JAZZ BOX 1/4 TURN R

1&2, 3&4	Step RF slightly diagonal fwd - Step LF behind RF - Step RF slightly diagonal fwd, Step LF slightly diagonal fwd - Step RF behind LF - Step LF slightly diagonal fwd
5-8	Cross RF over LF - Step LF back - 1/4 turn R (9:00) step RF to R - Cross LF over RF
1&2, 3&4	右足略右斜前踏 - 左足鎖於右足後 - 右足略右斜前踏, 左足略左斜前踏 - 右足鎖於左足後 - 左足略左斜前踏
5-8	右足前跨 - 左足後踏 - 右轉1/4 (9:00) 右足右踏 - 左足前跨

T1Sec 2: (R&L) DIAGONAL FWD SHUFFLE - JAZZ BOX 1/4 TURN R

1&2, 3&4	Step RF slightly diagonal fwd - Step LF behind RF - Step RF slightly diagonal fwd, Step LF slightly diagonal fwd - Step RF behind LF - Step LF slightly diagonal fwd
5-8	Cross RF over LF - Step LF back - 1/4 turn R (9:00) step RF to R - Cross LF over RF
1&2, 3&4	右足略右斜前踏 - 左足鎖於右足後 - 右足略右斜前踏, 左足略左斜前踏 - 右足鎖於左足後 - 左足略左斜前踏
5-8	右足前跨 - 左足後踏 - 右轉1/4 (9:00) 右足右踏 - 左足前跨

Tag 2: After Wall6 (6:00)
T2Sec1: FWD SHUFFLE 1/4 TURN R. (x4)

1&2, 3&4 Fwd shuffle (R L R) 1/4 turn R (9:00), Fwd shuffle (L R L) 1/4 turn R (12:00)
5&6, 7&8 Fwd shuffle (R L R) 1/4 turn R (3:00), Fwd shuffle (L R L) 1/4 turn R (6:00)
1&2, 3&4 前交換步 (右 左 右) 向右轉1/4 (9:00), 前交換步 (左 右 左) 向右轉1/4 (12:00)
5&6, 7&8 前交換步 (右 左 右) 向右轉1/4 (3:00), 前交換步 (左 右 左) 向右轉1/4 (6:00)

Ending : After Wall9 (12:00)
Sec E1: (R&L) SIDE TOUCH, HIP BUMP
1-4 Step RF to R - Touch L toes to L - Step LF to L - Touch R toes to R
(Optional: SIDE WITH HIPS ROLL - TOUCH WITH HIPS PUSH)
5-8 Bump hip (R L R L)
1-4 右足右踏 - 左足左點 - 左足左踏 - 右足右點
(可自選: 旁踏時轉臀 - 側點時推臀)
5-8 推臀 (右 左 右 左)

Sec E2: (R&L) SIDE TOUCH, HIP BUMP
1-4 Step RF to R - Touch L toes to L - Step LF to L - Touch R toes to R
(Optional: SIDE WITH HIPS ROLL - TOUCH WITH HIPS PUSH)
5-8 Bump hip (R L R L)
1-4 右足右踏 - 左足左點 (- 左足左踏 - 右足右點
(可自選: 旁踏時轉臀 - 側點時推臀)
5-8 推臀 (右 左 右 左)

Sec E3: CHASSE R - ROCK BACK - RECOVER, CHASSE L - ROCK BACK - RECOVER
1&2, 3-4 Step RF to R - Step LF beside RF - Step RF to R, Rock LF back - Recover onto RF
5&6, 7-8 Step LF to L - Step RF beside LF - Step LF to L, Rock RF back - Recover onto LF
1&2, 3-4 右足右踏 - 左足併踏右足旁 - 右足右踏, 左足後下沉 - 重心回右足
5&6, 7-8 左足左踏 - 右足併踏左足旁 - 左足左踏, 右足後下沉 - 重心回左足

Have Fun & Happy Dancing !!!

Contact Nina Chen : nina.teach.dance@gmail.com