

# Knock Yourself Out

Count: 64

Wall: 4

Level:

Choreographer: Jamie Marshall (USA)

Music: Knock Yourself Out - Lee Roy Parnell



## RIGHT WHIPS, CUBAN SIDE STEPS

- 1 Step right with right (shoulder length)
- 2-4 Whip wrists to right moving upper body slightly to right
- 5 Step left with left slightly bending knees
- 6 Step left next to right straightening knees
- 7 Step right with right slightly bending knees
- 8 Step right next to left straightening knees

Use hands and shoulders for styling.

## STOMP, BODY ROLL, BACK PIVOTS

- 1 Stomp right forward
- 2-4 Body roll (option: hold for 3 counts)
- 5 Step right back
- 6 Pivot  $\frac{1}{2}$  to right
- 7 Step left forward
- 8 Pivot  $\frac{1}{2}$  to right (weight on right)

## KICK, STEP BACK, KNEE MOTIONS

- 1 Kick left forward
- & Step left back next to right
- 2 Step right to right
- 3-4 Roll right knee circular to outside
- 5-6 Roll left knee circular to outside
- 7-8 Two knee pops

Make knee movements strong.

## MONTEREY TURNS

- 1-2 Touch right toe to right side, pivot  $\frac{1}{2}$  turn to right on left foot and draw right foot next to left foot, shifting weight to right foot
- 3-4 Touch left toe to left side, place left foot next to right foot with weight
- 5-8 Repeat 1-4

## SNAKE, ELECTRIC BOOGIE TURN $\frac{1}{4}$

- 1-2 Snake left (side body roll to left)
- 3-4 Snake right (side body roll to right)

End with weight on left

- &5 Step right foot back at diagonal, extending left heel diagonal left
- &6 Step on left with weight, crossing right in front of left
- &7 Step left foot back at diagonal, extending right heel diagonal right
- &8 Step on right with weight turning  $\frac{1}{4}$  right, step left next to right

## FORWARD WALK, KICK, JUMP BACK

- 1 Step right forward
- 2 Step left forward
- 3 Step right forward
- 4 Step left forward
- 5 Kick right forward

&6                    Jump back right, left  
7-8                   Circular body roll

### **FUN STEPS WITH SNAPS**

**Hands will be up with toe steps, ready to snap with heel stomps**

1                    Right toe/ball forward  
2                    Stomp down right heel  
3                    Left toe/ball forward  
4                    Stomp down left heel  
5                    Right toe/ball forward  
6                    Stomp down right heel  
7                    Left toe/ball forward  
8                    Stomp down left heel

### **RIGHT VINE, TURN SCUFF, SLIDE**

1                    Step right with right  
2                    Cross left behind right  
3                    Step right with right  
4                    Touch left next to right  
5                    Prep step  $\frac{1}{4}$  to left with left  
6                    Scuff right next to left completing  $\frac{1}{2}$  turn  
7                    Long side step to right with right  
8                    Slide left next to right switching weight

**REPEAT**

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