You Knock Me Down

Count: 64 **Wall:** 2 **Level:** Intermediate
Choreographer: Niels Poulsen (DK) - April 2013
Music: Hey You Beautiful - Olly Murs : (iTunes)

1 EASY Tag: After wall 1, facing 6:00, there's a 4 count tag: do a backwards R rocking chair, then Restart dance
1 Restart: On wall 5 (which starts facing 12:00), after 32 counts, facing 12:00. Easy!

Intro: 16 counts from first drum beat in music (9 secs into track). Weight on L

[1 – 8] R back rock, R shuffle fwd, L & R heel switches, L rock fwd

1 – 2	Rock back on R (1), recover fwd on L (2) 12:00
3&4	Step fwd on R (3), step L behind R (&), step fwd on R (4) 12:00
5&6&	Touch L heel fwd (5), step L next to R (&), touch R heel fwd (6), step R next to L (&) 12:00
7 – 8	Rock fwd on L (7), recover back on R (8) 12:00

[9 – 16] L back rock, shuffle ½ R, R coaster step, ball rock R fw

1 – 2	Rock back on L (1), recover fwd on R (2) 12:00
3&4	Turn ¼ R stepping L to L side (3), step R next to L (&), turn ¼ R stepping back on L (4) 6:00
5&6	Step back on R (5), step L next to R (&), step fwd on R (6) 6:00
&7 – 8	Step fwd on L (&), rock fwd on R (7), recover back on L (8) 6:00

[17- 24] ¼ side R, point L, ¼ L, ¼ L, L sailor heel, together, beginning of weave

1 – 2	Turn ¼ R stepping R to R side (1), point L to L side (2) 9:00
3 – 4	Turn ¼ L stepping down on L (3), turn ¼ L stepping R to R side (4) 3:00
5&6&	Cross L behind R (5), step R to R side (&), touch L heel diagonally fwd L (6), step L next to R (&) 3:00
7 – 8	Cross R over L (7), step L to L side (8) 3:00

[25 – 32] R sailor heel, together, jazz ¼ L with stomp, hold, ball step side, clap X 2

1&2&	Cross R behind L (1), step L to L side (&), touch R heel diagonally fwd R (2), step R next to L (&) 3:00
3 – 5	Cross L over R (3), start turning ¼ L stepping back on R (4), finish ¼ L stomping L to L side (5) 12:00
6&7	Hold (6), step R next to L (&), step L to L side (7) 12:00
&8	Clap hands (&), clap hands (8) * restart here on wall 5, facing 12:00 12:00

[33 – 40] & L side rock, L sailor step with ¼ L, R touch & heel &, R cross shuffle

&1 – 2	Step R next to L (&), rock L to L side (1), recover on R (2) 12:00
3&4	Cross L behind R (3), turn ¼ L stepping R next to L (&), step L a small step fw (4) 9:00
5&6&	Touch R toes next to L (5), step back on R (&), touch L heel fwd (6), step L next to R (&) 9:00
7&8	Cross R over L (7), step L to L side (&), cross R over L (8) 9:00

[41 – 48] Hip rocks L and R with L knee pop, L chasse, R back rock, ¼ R walking R L

1 – 2	Rock L to L side pushing hips L (1), push hips to R side popping L knee R (2) 9:00
3&4	Step L to L side (3), step R next to L (&), step L to L side (4) 9:00
5 – 6	Rock back on R (5), recover on L starting to turn ¼ R (6) 10:30
7 – 8	Complete ¼ R walking fw on R (7), walk fw on L (8) 12:00

[49 – 56] R heel grind, R coaster step, swivel heels R then L, shuffle L fwd

1 – 2	Step fwd on R heel with toes to the L (1), grind heel towards R shifting weight back on L (2) 12:00

3&4	Step back on R (3), step L next to R (&), step fw on R (4) 12:00
5 – 6	Swivel both heels R turning body slightly L (5), swivel heels L and shifting weight fwd on R... (6) 12:00
7&8	Step fw on L (7), step R behind L (&), step fw on L (8) 12:00

[57 - 64] Step ½ L, R shuffle fwd, step ½ R, shuffle ½ R

1 – 2	Step fw on R (1), turn ½ L stepping onto L (2) 6:00
3&4	Step fw on R (3), step L behind R (&), step fw on R (4) 6:00
5 – 6	Step fw on L (5), turn ½ R stepping onto R (6) 12:00
7&8	Turn ¼ R stepping L to L side (7), step R next to L (&), turn ¼ R stepping back on L (8) 6:00

Start again

Ending Do first 6 counts of wall 7 (facing 6:00), then step fw L spinning a fast ½ R to hit the last beat! (7) [12:00]

Step note! The steps in this dance have been choreographed to hit certain beats and lyrics.
During verse/chorus, from counts 1–24 you hit the lyrics in the music on counts 5&6&7.
During verse, from counts 33–64 you can make counts 2 and 6 strong/fast to focus on the lyrics.
During chorus, from counts 33–64 you can delay counts &4 and &8 to hit the beats.

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