Knock On Wood



拍数: 32 墙数: 4 级数: Intermediate

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音乐: Midnight Hour/Knock On Wood - Scooter Lee



TURNING VINE FORWARD, 2 RIGHT TOUCHES, SWITCH TOUCH LEFT, SWITCH TOUCH RIGHT

1-4 Step forward on right foot turning ¼ right, turn ¼ right stepping back on left foot, turn ½ right

step forward on right foot, step left foot next to right. (if preferred, replace with 4 walks

forward)

5-6 With a bent supporting left leg, touch right foot to right side twice

&7&8 Bring right foot back home next to left & quickly change weight onto right, then point left foot

to left side (&7). Bringing left foot back home next to right, change weight to left foot & point

right foot to right side

WAGGLE TWICE, JACK APART, JUMP IN, STEP FORWARD, KICK & CROSS, STEP BACK

9-10 Weight still on left foot, with the right knee in hitched position, swing right foot to left twice in

front of left knee (waggle) in a pendulum motion

11-12 With a small jump, open both feet a comfortable distance apart & jump then both back

together (or step out right foot & left foot, then step in right foot & left foot if preferred)

13-14 Take a step forward on right foot & kick left foot to front

15-16 Cross step left foot over in front of right foot then step back on right foot

SHUFFLE BACK LEFT, STEP FORWARD RIGHT & LEFT. SHUFFLE BACK RIGHT, STEP FORWARD LEFT & RIGHT

17&18 Shuffle back on left
19-20 Step diagonally forward & open with right foot, step left foot forward in line with right approx

21&22 Shuffle back on right foot

23-24 Step diagonally forward & open with left foot, step right foot forward in line with left, approx

shoulder width apart

shoulder width apart

STEP, DROP & SHUFFLE, ROCK FORWARD, TURN ½, ROCK FORWARD & BACK

25-26 Step left foot to left side on count 25, bring right foot next to left, dropping weight onto right

foot & hitching left knee at the same time (26)

27&28 Turn ¼ left & shuffle forward

29-30 Rock forward onto right foot & as you step back in place onto left make a ¼ turn right

31-32 Continuing to turn another ¼ right, rock forward again onto right foot & rock back onto left

foot clapping both hands together once over left shoulder on count 32 (for added style bend

supporting left leg & raise toes of right foot)

REPEAT