

Knockdown

拍数: 32 墙数: 4 级数: Improver
编舞者: Thomas Haynes (USA)
音乐: I Hear You Knockin' - Dwight Yoakam



KICK RIGHT, TRIPLE STEP KICK LEFT, TRIPLE STEP

1-2 Kick right forward twice
3&4 Triple step in place right, left, right
5-6 Kick left forward twice
7&8 Triple step in place left, right, left

STRUT FORWARD, SAILOR SHUFFLE

1-2 Step forward with right toe, step down onto right foot
3-4 Step forward with left toe, step down onto left foot
5&6 Swing right behind left, step left, step right to right side
7&8 Swing left behind right, step right, step left to left side

KICK-BALL CHANGES, QUARTER TURNS

1&2 Kick right forward, step left, step ball of right next to left
3-4 Step forward with right, pivot one-quarter turn to the left
5&6 Kick right forward, step left, step ball of right next to left
7-8 Step forward with right, pivot one quarter turn to the left

RIGHT CHASSE, ROCK STEP WITH QUARTER TURN, LEFT SHUFFLE, STEP FORWARD

1&2 Shuffle to the right, right, left, right
3-4 Rock step left behind right while turning a quarter turn to the left, step right
5&6 Shuffle forward left, right, left
7-8 Step forward right, left

Option: full turn stepping right, left

REPEAT
