

Knock 3 Times Reggae Cha Cha

COPPER KNOB
STEPSHEETS

拍數: 56 牆數: 1 級數: Easy Intermediate
編舞者: Shirley Bang (MY) & Penny Tan (MY) - March 2025
音樂: Knock Three Times (Dj John Paul Reggae Cha Cha Remix) - Tony Orlando



Dance start after 16C heavy beats.

Tag x3 / Bridge x3 / Restart x2

Tag / Bridge (6C)

*Tag (6C) after W1 , W3 & W5

**Bridge (same step of Tag):On W2 , W4 & W6 after 24C , add Bridge 6C and continue on count 25 ~

***Restart on W2 after 48C & W4 after 44C with step change (On count 4 of Sec6:add & count by stepping LF next to RF , then restart)

Tag / Bridge (6C):

Stomp , Hold , Heel Fwd , Touch

1-4 Stomp RF on R three times with do knocking door moves(1-3) , hold (4)

5-6 Touch R heel fwd , touch RF next to LF

SOD:56 / TAG / *24+BRIDGE+24 / 56 / TAG / *24+BRIDGE+*20& / 56 / TAG / *24+BRIDGE+24

SEC1:WALK FWD (R-L) , FWD SHUFFLE , FWD , RECOVER , BACK SHUFFLE

1-2 Walk fwd R , walk fwd L

3&4 Fwd shuffle R-L-R

5-6 Fwd rock L , recover on R

7&8 Back shuffle L-R-L

SEC2:SIDE , RECOVER , CROSS SHUFFLE (R-L)

1-2 Rock RF to R side , recover on L

3&4 Cross RF over LF , step LF to L , cross RF over LF

5-6 Rock LF to L side , recover on R

7&8 Cross LF over RF , step RF to R , cross LF over RF

SEC3:R ROCKING CHAIR x2

1-4 Rock RF fwd , recover on L , rock RF back , recover on L

5-8 Rock RF fwd , recover on L , rock RF back , recover on L

SEC4:KICK , BALL , TOUCH (R-L) , JAZZ BOX

1&2 Kick RF fwd , ball step RF next to LF , touch LF to L side

3&4 Kick LF fwd ,ball step LF next to RF , touch RF to R side

5-8 Cross RF over LF , step LF back , step RF to R side , step LF fwd

SEC5:PADDLE ¼ TURN L (x4)

1-2 Step RF fwd , ¼ turn L , step LF on L (9:00)

3-4 Step RF fwd , ¼ turn L , step LF on L (6:00)

5-6 Step RF fwd , ¼ turn L , step LF on L (3:00)

7-8 Step RF fwd , ¼ turn L , step LF on L (12:00)

*Note:Paddle ¼ turn L x4 , to make a full turn back facing 12:00

SEC6:SIDE , RECOVER , IN PLACE TRIPLE STEP (R-L)

1-2 Rock RF to R , recover on L

3&4 In place , step RF next to LF , step LF on L , step RF on R

5-6 Rock LF to L , recover on R

7&8 In place , step LF next to RF ,step RF on R, step LF on L

SEC7:FWD , RECOVER , COASTER STEP (R-L)

1-2 Rock RF fwd , recover on L

3&4 Step RF back , step LF next to RF , step RF fwd

5-6 Rock LF fwd , recover on R

7&8 Step LF back , step RF next to LF , step LF fwd

Have fun and happy dancing!
