

Knockin' On Wood

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Daniel Whittaker (UK) & Karl-Harry Winson (UK) - September 2013
音樂: Knock On Wood (feat. Clark Anderson) - Safri Duo : (Album: Greatest Hits)



Intro: 64 Count Intro.....

(as there is a long intro to this track, wait 64 counts before you start the dance.

You will be dancing wall 1 during the instrumental, the lyrics will kick in on Wall 2)

S1: Right Diagonal Step Lock. & Heel-Hold. Ball-Cross. Side Step. Sailor 1/4 Cross.

- 1 – 2 Step Right foot to Right diagonal. Lock Left behind Right.
- &3-4 Step Right to Right diagonal. Dig Left heel towards Left Diagonal. Hold
- &5-6 Step Left foot beside Right. Cross step Right over Left. Step Left to Left side.
- 7&8 Cross Right behind Left making 1/4 turn Right. Step Left beside Right. Cross step Right over Left.

S2: Left Diagonal Step Lock. & Heel-Hold. Ball Cross. 1/4 Turn Left. Triple 1/2 Turn Left.

- 1 – 2 Step Left foot to Left diagonal. Lock Right behind Left.
- &3-4 Step Left foot to Left diagonal. Dig Right heel towards Right diagonal. Hold.
- &5-6 Step Right foot beside Left. Cross step Left over Right. Make 1/4 Turn Left stepping back on Right.
- 7&8 Make 1 triple 1/2 Turn Left stepping: Left, Right, Left.

S3: Syncopated Jumps Forward and Back (with Claps). Toe Switches X3. Hitch-Cross.

- &1-2 Jump forward Stepping forward out on the Right. Stepping forward and out on the Left. Hold/Clap Hands.
- &3-4 Jump back Stepping back and out on the Right. Stepping back and out on the Left. Hold/Clap Hands.
- 5&6 Point Right toe out to Right side. Step Right beside Left. Point Left toe out to Left side.
- &7 Step Left foot in beside Right. Point Right toe to Right side.
- &8 Hitch Right knee up. Cross step Right over Left.

S4: Back Step. Side Step. Left Cross Shuffle. Rolling Vine Right. Point.

- 1 – 2 Step back on Left. Step Right to Right side.
- 3&4 Cross Left over Right. Step Right to Right side. Cross step Left over Right.
- 5 – 7 Make 1/4 Right stepping Right forward. Make 1/2 Right stepping Left back. Make 1/4 Right stepping Right to Right side.
- 8 Point Left toe out to Left side and point both arms up towards the Left diagonal. Look in the same direction as you do this.

S5: 1/4 Turn Left. 1/4 Turn Grapevine Right. Cross Rock. Shuffle 1/4 Turn.

- 1 – 2 Make 1/4 Turn Left putting the weight forward on the Left. Make 1/4 Turn Left stepping Right to Right side.
- 3 – 4 Cross step Left behind Right. Step Right to Right side.
- 5 – 6 Cross rock Left over Right. Recover weight on Right.
- 7&8 Step Left to Left side. Close Right beside Left. Make 1/4 turn Left stepping Left forward.

S6: Turning Toe Touches/Toe Struts X3. Back Rock.

- 1 – 2 Make 1/4 Turn Left pointing Right toe to Right side. Put the weight onto the Right/Drop the heel as you make 1/4 Turn Left. (Click Both hands up at shoulder level as you do this on count 2).
- 3 – 4 Touch Left toe back. Make 1/4 Turn Left putting weight onto the Left/Drop the heel. (Click both hands down at waist level as you do this on count 4).

- 5 – 6 Make 1/2 Turn Left Pointing Right toe out to Right side. Put weight onto the Right/Drop the heel. (Click both hands up at shoulder level as you do this on count 6).
- 7 – 8 Rock back on Left. Recover weight forward on Right.

S7: Left Kick Ball-Cross. Side-Drag/Touch. Right Kick Ball-Cross. Side-Drag/Touch.

- 1&2 Kick Left foot to Left diagonal. Step Left beside Right. Cross step Right over Left.
- 3 – 4 Step big step with Left foot to Left side. Drag Right foot towards Left and touch beside Left.

***Restart Here on Wall 3 facing 6.00.**

- 5&6 Kick Right foot towards Right diagonal. Step Right beside Left. Cross step Left over Right.
- 7 – 8 Step big step with Right foot to Right side. Drag Left foot towards Right and touch beside Right.

S8: Back Rock. Step Pivot 1/2 Turn. Left Shuffle 1/2 Turn. Back Rock.

- 1 – 2 Rock back on Left. Recover weight forward on Right.
- 3 – 4 Step forward on Left. Pivot 1/2 Turn Right.
- 5&6 Shuffle 1/2 Turn Right stepping: Left, Right, Left.
- 7 – 8 Rock back on Right. Recover weight forward on Left.

Tag 1: Happens at the end of Wall 2 facing 12.00 & End of Wall 5 facing 6.00

Right Jazz Box. Jazz Jump Forward. Hold. Hips Bumps Right and Left.

- 1 – 4 Cross Right over Left. Step back on Left. Step Right to Right side. Step Left foot forward.
- &5-6 Step forward and out on Right. Step forward and out on Left. Hold.
- 7 – 8 Bump Hips Right. Bump Hips Left.

Tag 2: Happens end of Wall 4 facing 12.00.

Right Jazz Box.

- 1 – 4 Cross Right over Left. Step back on Left. Step Right to Right side. Step Left foot forward.

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