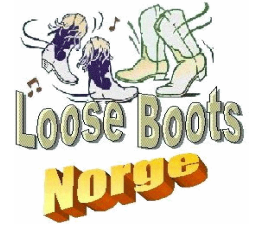


A KNOCKDOWN

4 WALL, 32 COUNTS, LINE DANCE



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PREPARED BY: SADIH HEGGERNES (Tif. 33 05 87 94 Mob. 902 04 440)
LEVEL OF DIFFICULTY: INTERMEDIATE
CHOREOGRAPHED BY: GERI MORRISON (UK) OCT 2006.
CHOREOGRAPHED TO: "KNOCKDOWN" by Alesha, CD single (104 bpm)

Starts After 32 Counts

Section 1 Right Cross Shuffle, Triple Half Turn Right, Right Cross Shuffle, Side Rock 1/4 Turn Right Step.

1&2 Cross Step Right Over Left, Step Left to Left side, Cross Step Right Over Left.
3&4 Left Triple 1/2 Turn Right Stepping Left, Right, Left. (6 o'clock)
5&6 Cross Step Right Over Left, Step Left to Left side, Cross Step Right Over Left.
7&8 Rock Left to Left side, Recover Weight on Right Making 1/4 Turn Right, Step Forward on Left

Section 2 Triple Full Turn Left, Left Kick-Ball-Cross, Side Together Forward, Side Rock & Touch.

1&2 Travelling Forward - Right Triple Full Turn Left Stepping Right, Left, Right. (9 o'clock)
3&4 Kick Left Forward, Step Ball of Left Beside Right, Cross Step Right Over Left.
5&6 Step Left to Left Side, Close Right Beside Left, Step Forward on Left.
7&8 Rock Right to Right Side, Recover Weight on Left, Touch Right Toe Across Left.

Section 3 Side Rock & Cross, Triple Half Turn Right, Hip Bumps Right & Left (Travelling Forward).

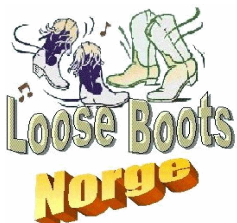
1&2 Rock Right to Right Side, Recover Weight on Left, Cross Step Right Over Left.
3&4 Left Triple 1/2 Turn Right Stepping Left, Right, Left. (3 o'clock)
5&6 Step Right Slightly Forward Bumping Hips Right, Left, Right. (Weight on Right)
7&8 Step Left Slightly Forward Bumping Hips Left, Right, Left. (Weight on Left)

Note: Counts 5 - 8 above Should Travel Slightly Forward.

Section 4 Paddle 1/4 Turn Left x 2, Right Kick-Ball-Back, & Back, & Back, 2 x Walks Forward.

&1 Hitch Right Knee Across Left, Make 1/4 Turn Left Pointing Right Toe to Right Side.
&2 Hitch Right Knee Across Left, Make 1/4 Turn Left Pointing Right Toe to Right Side.
3&4 Kick Right Forward, Step Back on Ball of Right, Step Back on Left.
&5 Step Back on Ball of Right, Step Back on Left. (Feet Apart)
&6 Step Back on Ball of Right, Step Back on Left. (Feet Apart)
7-8 Walk Forward on Right, Walk Slightly Forward on Left. (9 o'clock)

Thanks to Rick for putting me on to the Track



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