

# KNOCK YOURSELF OUT

## 32 COUNTS 4 WALL LINE DANCE



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**PREPARED BY:** SADIAH HEGGERNES (Tif. 33 05 87 94 Mob. 902 04 440)  
**LEVEL OF DIFFICULTY:** INTERMEDIATE  
**CHOREOGRAPHER:** MAGGIE GALLAGHER (UK) Jun 05  
**CHOREOGRAPHED TO:** "KNOCK YOURSELF OUT" by Toby Keith  
from the "HONKYTONK UNIVERSITY" album (104bpm)  
**Intro : 32 counts. Start on Vocals**

The dance moves in an anti-clockwise direction.

### Section 1 FORWARD, ROCKS, LEFT BACK LOCK , ROCKS, 1/2 LEFT, SIDE STEP LEFT

1,2,3 Step forward on right, Rock forward on left, Rock back onto right  
4&5 Step back on left, Lock right in front of left, Step back on left (Left back lock step)  
6,7 Rock back onto right, Rock forward onto left  
8& 1/2 turn left stepping back on right, Step left to left side

### Section 2 RIGHT CROSS, SWAYS, WEAVE RIGHT, ROCK, RECOVER, 1/2 HINGE RIGHT x2

1 Cross right over left  
2,3 Step left to left side swaying left, Sway right  
4&5 Cross left behind right, Step right to right side, Cross left over right  
6,7 Rock out to right side, Recover onto left side  
8& 1/2 hinge turn right stepping right to right side,  
1/2 hinge turn right stepping left to left side

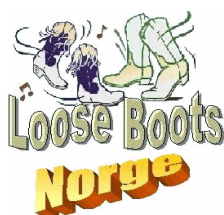
**Note :** *Keep the hinge turns small as they are very quick*

### Section 3 RIGHT ROCK BACK, ROCK FWD, RIGHT SIDE CHASSE WITH 1/4 TURN RIGHT, STEP FWD, 1/4 RIGHT, LEFT CROSS SHUFFLE

1,2 (On a slight diagonal right) Rock back on right, Rock forward onto left  
3&4 Step right to right side, Close left beside right,  
1/4 turn right stepping forward on right  
5-6 Step forward on left, Make 1/4 turn right placing weight onto right  
7&8 Cross left over right, Step right to right side, Cross left over right

### Section 4 SIDE STEP, LEFT CROSS, FULL UNWIND RIGHT, LEFT SIDE CHASSE, ROCK, RECOVER, 1/4 LEFT STEP BACK, LEFT TOGETHER

1,2 Step right to right side, Cross left over right  
3 Unwind a full turn right (weight ending on right)  
4&5 Step left to left side, Close right beside left, Step left to left side (Left side chasse)  
6,7 (On a slight diagonal right) Rock back on right, Recover onto left  
8& Make 1/4 turn left stepping back on right, Close left beside right



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