

# Knock It Off

**Count:** 48

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Gaye Teather (UK) - February 2007

**Music:** I Hear You Knocking - Dave Edmunds : (CD: Super 70's and other 70's Compilations)



## 16 count

### HEEL SWITCHES X 3, CLAP TWICE, CHASSE RIGHT, SAILOR ¼ TURN LEFT

- 1&2 Touch right heel forward, step right beside left, touch left heel forward
- &3 Step left beside right, touch right heel forward
- &4 Clap hands twice
- 5&6 Step right to right side, step left beside right, step right to right
- 7&8 ¼ turn left stepping left behind right, step right to right, step left to left (facing 9:00)

### WALK FORWARD TWICE, FORWARD MAMBO ½ TURN RIGHT, WALK FORWARD TWICE, FORWARD MAMBO

- 1-2 Walk forward right, left
- 3&4 Rock forward on right, recover onto left, ½ turn right stepping forward on right (facing 3:00)
- 5-6 Walk forward left, right
- Option: full turn right traveling forward
- 7&8 Rock forward on left, recover onto right, step back on left

### HEEL, TOE, TAP, TAP, HIP BUMPS X 3, FORWARD ROCK, SHUFFLE ½ TURN LEFT

- 1&2& Touch right heel forward, lower right toes to floor, raise right heel & tap it to floor twice
- 3&4 Bump hips forward, back, forward (transferring weight onto right on last bump)
- 5-6 Rock forward on left, recover onto right
- 7&8 Shuffle ½ turn left stepping left, right, left (facing 9:00)

### FORWARD ROCK, SHUFFLE ½ TURN RIGHT, STEP, PIVOT ¼ TURN RIGHT, CROSS SHUFFLE

- 1-2 Rock forward on right, recover onto left
- 3&4 Shuffle half turn right stepping right, left, right
- 5-6 Step forward on left, pivot ¼ turn right (facing 6:00)
- 7&8 Cross left over right, step right to right, cross left over right

### TOE TAPS TWICE, KICK, BACK LOCK STEP, BACK, BACK, COASTER STEP

- 1&2 Tap right toes behind left foot twice, kick right forward on right diagonal
- 3&4 Step back on right, lock left over right, step back on right
- 5-6 Sweep left foot out and back, sweep right foot out and back
- 7&8 Step back on left, step right beside left, step forward on left

### STEP, PIVOT ¼ TURN LEFT, KICK, OUT, OUT, IN, IN, OUT, OUT, IN, IN, KNEE POP

- 1-2 Step forward on right, pivot quarter turn left (facing 3:00)
- 3&4 Kick right forward, step right to right, step left to left
- &5 Step right in, step left in
- &6 Step right out to right, step left out to left
- &7 Step right in, step left in
- 8 Pop right knee in

Steps &5-7 travel slightly backwards

## REPEAT

Email: [gforcedancer@aol.com](mailto:gforcedancer@aol.com), Website: <http://www.gayeteather.com>