



Knockdown

32 count, 4 wall, intermediate level
Choreographer: Maggie Gallagher (UK), October 2006
Choreographed to: "Knockdown" by Alesha Dixon

Into: 32 counts (19 secs), start on Vocals
Start the dance with your weight on the right foot

Section 1 Place Left, Walks, Rocks F, B, Side Rock, Scissor Crosses, Side Step Right

- &1, 2 Step left next to right, walk forward right, walk forward left
- 3&4 Rock forward onto right, rock back onto left, rock out to right side
- &5, 6 Step left next to right, cross right over left, step left to left side
- &7, 8 Step right next to left, cross left over right, step right to right side

Section 2 Together, Side Step, Touch, Place Left, Moving Toe Taps, Toe Press, Heel Swivels, Lean Back & Right Hitch, Behind, Side, Cross

- &1, 2 Step left next to right, step right to right side, touch left next to right
- &3& Step left next to right, tap right toe forwards, tap right toe forwards (*moving right foot forwards*)
- 4 Press forwards onto right toe with heel raised
- &5 Swivel right heel to the right, swivel right heel to the centre
- 6 Lean back onto left and hitch right knee
- 7&8 Cross right behind left, step left to left side, cross right over left

Section 3 1/4 Right, Heel Tap, Right Step-Flick Left, Left Lock, Step, 1/2 Pivot Left, 1/4 Left Stepping To Right Side, Weave, Point

- &1 1/4 turn right stepping back on left, tap right heel forwards
- 2 Step onto right whilst flicking left heel up at the back
- 3&4 Step forward on left, lock right behind left, step forward on left
- 5&6 Step forward on right, make 1/2 pivot turn left, make 1/4 turn left stepping right to right side
- &7 Cross left behind right, step right to right side
- &8 Cross left over right, point right to right side

Section 4 Together, Walk, Hitch, Together, Point Left, Together, Right Touch, Place Right, 3 x 1/4 Walking Turns Left, Walk Forward Right

- &1 Step right next to left, walk forward on left foot
- 2 Hitch right knee forwards
- &3 Step right next to left, point left to left side
- &4 Step left next to right, touch right toe next to left
- & Place right next to left
- 5 1/4 turn left stepping forward onto left
- 6 1/4 turn left stepping right to right side
- 7, 8 1/4 turn left stepping forward on left, walk forward on right

Quelle:

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