

## Knock It Off!

48 count, 4 wall, beginner/intermediate level  
Choreographer: Gaye Teather (UK) Feb 2007  
Choreographed to: I Hear You Knocking by Dave  
Edmunds, Super 70's and other 70's compilations  
(104 bpm)

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16 count

### Heel switches x 3. Clap x 2. Chasse Right. Sailor 1 / 4 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 1 / 4 turn Left stepping Left behind Right. Step Right to Right. Step Left to Left (9.00)

### Walk forward x 2. Forward mambo 1 / 2 turn Right. Walk forward x 2. Forward mambo

1 – 2 Walk forward Right. Left  
3&4 Rock forward on Right. Recover onto Left. 1 / 2 turn Right stepping forward on Right (3.00)  
5 – 6 Walk forward Left. Right  
Option: Full turn Right travelling 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 1 / 2 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 1 / 2 turn Left stepping Left. Right. Left (Facing 9 o'clock)

### Forward rock. Shuffle 1 / 2 turn Right. Step. Pivot 1 / 4 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 1 / 4 turn Right (Facing 6 o'clock)  
7&8 Cross Left over Right. Step Right to Right. Cross Left over Right

### Toe taps x 2. 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 1 / 4 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 o'clock)  
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

Note: Steps &5 – 7 travel slightly backwards