

## Knock Yourself Out

32 Count, 4 Wall, Beginner

Choreographer: Marie Crater (USA) 2011

Choreographed to: Knock Yourself Out by Lee Roy  
Parnell, CD: We All Get Lucky Sometimes; Diddle De  
Dum by Brenda Lee, CD: The Best Of

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### **Vine Right With Heel Jack, Vine Left With Heel Jack**

1-4 Step right with right foot, behind left, side with right, left diagonal heel.

5-8 Step left with left foot, behind right, side with left, right diagonal heel.

### **Walk Back, Touch Toes, Step Forward, Slide, Step Forward, Scuff**

1-4 Walk back three steps starting with right, touch left toes behind right heel.

5-8 Step forward on left, slide right up to left heel, step forward on left, scuff right over left.

### **Jazz Box, Rock Forward, Rock Back, Step right 1/4 Turn Right, Step Left Next To Right**

1-4 Cross right over left, step back on left, step right on right, step left beside right.

5-6 Rock forward on right, rock back on left.

7-8 Step right 1/4 turn to right stomp left next to right.

### **Step Kick, Step Touch, Step Kick, Step Stomp**

1-4 Step right, Kick left, step left beside of right, touch right toes behind right heel.

5-8 Step right, kick left, step left beside of right, stomp right beside of left.

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