

Start the dance on the word "Knock"

S1 Step Side, Together, Side Shuffle, Cross Rock Back, Kick Ball Cross

- 1 LF Step aside
- 2 RF Connect
- 3 LF Step aside
- & RF Connect
- 4 LF Step aside
- 5 RF Rock Cross behind LF
- 6 LF Weight back
- 7 RF Kick diagonally for
- & RF Step on ball Foot
- 8 LF Step next to RF

S2 Step Side, Together, Side Shuffle, Cross Rock Back, Kick Ball Cross

- 1 RF Step aside
- 2 LF Connect
- 3 RF Step aside
- & LF Connect
- 4 RF Step aside
- 5 LF Rock Cross behind RF
- 6 RF Weight back
- 7 LF Kick diagonally for
- & LF Step on ball Foot
- 8 RF Step next to LF

S3 ¼ Jazz Box, Shuffle, Cross Rock Back, Recover

- 1 LF Cross over RF
- 2 RF Step behind ¼ turn left [9]
- 3 LF Step aside
- 4 RF Step next to LF
- 5 LF Step aside
- & RF Connect
- 6 LF Step aside
- 7 RF Rock Cross behind LF
- 8 LF Weight back

S4 Heel Cross x2, Side Rock, Recover, Behind Side Cross

- 1 RF Heel for
- & RF Step behind
- 2 LF Step cross over RF
- 3 RF Heel for
- & RF Step behind
- 4 LF Step cross over RF
- 5 RF Rock aside
- 6 LF Weight back
- 7 RF Step Cross behind LF
- & LF Step next to RF
- 8 RF Step cross over LF

Start Again

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contact@linedancerweb.com



, 166 Lord Street, Southport, United Kingdom, PR9 0QA

Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768 charged at 10p per minute

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