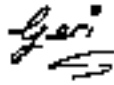




Approved by:



A Knockdown

4 WALL - 32 COUNTS - INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Cross Shuffle, Triple 1/2 Turn, Cross Shuffle, Side Rock 1/4, Step		
1 & 2	Cross right over left. Step left to left side. Cross right over left.	Cross Shuffle	Left
3 & 4	Triple step 1/2 turn right, stepping - left, right, left. (6:00)	Triple Half Turn	Turning right
5 & 6	Cross right over left. Step left to left side. Cross right over left.	Cross Shuffle	Left
7 & 8	Rock left to side. Recover onto right turning 1/4 right. Step left forward.	Rock Turn Step	
Section 2	Full Turn, Kick Ball Cross, Side, Together, Forward, Side Rock, Touch		
1 & 2	(Travelling forward) Triple step full turn left, stepping - right, left, right.	Triple Full Turn	Turning left
3 & 4	Kick left forward. Step ball of left beside right. Cross right over left.	Kick Ball Cross	Left
5 & 6	Step left to side. Close right beside left. Step left forward.	Side Close Step	
7 & 8	Rock right to side. Recover onto left. Touch right toe across left.	Side Rock Touch	On the spot
Section 3	Side Rock, Cross, Triple Step 1/2 Turn, Hip Bumps Right & Left		
1 & 2	Rock right to side. Recover onto left. Cross right over left.	Side Rock Cross	Left
3 & 4	Triple step 1/2 turn right, stepping - left, right, left. (3:00)	Triple Half Turn	Turning right
5	Step right slightly forward bumping hips right.	Step	Forward
& 6	Bump hips left. Bump hips right (weight on right).	Hip Bumps	
7	Step left slightly forward bumping hips left.	Step	
& 8	Bump hips right. Bump hips left (weight on left).	Hip Bumps	
Note	Counts 5 - 8 should travel slightly forward.		
Section 4	Paddle 1/4 Left x 2, Kick Ball Back, & Back, & Back, Walk x 2		
& 1	Hitch right knee across left. Turn 1/4 left pointing right toe to side.	Hitch Turn	Turning left
& 2	Hitch right knee across left. Turn 1/4 left pointing right toe to side.	Hitch Turn	
3 & 4	Kick right forward. Step back on ball of right. Step left back.	Kick Ball Back	Back
& 5	Step back on ball of right. Step left back (feet apart).	Ball Back	
& 6	Step back on ball of right. Step left back (feet apart).	Ball Back	
7 - 8	Walk forward right. Walk slightly forward left. (9:00)	Right Left	Forward

Choreographed by: Geri Morrison (UK) October 2006.

Choreographed to: 'Knockdown' by Alesha (104bpm) CD Single (32 count intro).

Choreographer's note: Thanks to Rick for putting me on the right track.



A video clip of this dance is available to members at www.linedancermagazine.com