



I Know I Know

32 Count 2 Wall Beginner Level Dance.
Choreographed by: David Tubridy-Sinfield (UK)
& Darren Tubridy-Sinfield (UK) Jul 2026
Choreographed to: I Know I Know by Stella Lefty
Intro: 32 Counts. Start at approx 12 secs.

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SEC 1 SIDE STRUT, CROSS STRUT, FORWARD RUMBA BOX, TOUCH

- 1-2 Step R toe R side, drop R heel
- 3-4 Cross L toe over R, drop L heel
- 5-6 Step R to R side, close L beside R
- 7-8 Step forward R, touch L beside R

SEC 2 BACK RUMBA BOX, TOUCH, BACK STRUT, BACK STRUT

- 1-2 Step L to L side, close R beside L
- 3-4 Step L back, touch R beside L
- 5-6 Touch R toe back, drop R heel
- 7-8 Touch L toe back, drop L heel

Restart Here on Wall 3 and 7

SEC 3 GRAPEVINE ½ TURN, HEEL SWIVELS

- 1-2 Step R to R side, cross L behind R
- 3-4 ¼ Turn R step R fwd, ¼ turn R step L to L (6:00)
- 5-6 Twist both heels to L, twist both toes to L
- 7-8 Twist both heels to L, clap hands

SEC 4 HEEL SWIVELS, STOMP, STOMP, TOE TOUCH

- 1-2 Twist both heels to R, twist both toes to R
- 3-4 Twist both heels to R, clap hands
- 5-6 Stomp R beside L, stomp L beside R
- 7-8 Touch R toe to R side, bring R toe in beside L



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