

# KNEEL HAIL

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**Count:** 64

**Wall:** 4

**Level:** intermediate

**Choreographer:** Knox Rhine

**Music:** Female Bonding by Brett James

## "CRUISIN"

### **SIDE, BEHIND, ¼ TURN, STEP:**

- 1 Step to the left side with the left foot
- 2 Step across behind the left leg with right foot
- 3 Step ¼ turn left with left foot
- 4 Step forward with the right foot

### **PIVOT, ¼ TURN, BEHIND, ¼ TURN:**

- 5 Pivot ½ turn to the left
- 6 Step forward with a ¼ turn left with right foot
- 7 Step across behind right leg with the left foot
- 8 Step ¼ turn right with right foot

### **STEP, PIVOT, ¼ TURN, ROCK:**

- 9 Step forward with left foot
- 10 Pivot ½ turn to the right
- 11 Step forward with a ¼ turn right with left foot
- 12 Rock to right side, transferring weight to right foot

## "HOT TAMALE"

### **SLAP, SIDE, SLAP, ¼ TURN:**

- 13 Lift left foot up behind right leg and slap with right hand
- 14 Step to left side with left foot
- 15 Lift right foot up in front of left leg and slap with left hand
- 16 Swing right foot out to right side with a ¼ turn left and slap with right hand

### **SHOULDER PUSHES:**

- 17 Step to right side with right foot (knees bent) push right shoulder forward starting a slow  $\frac{1}{4}$  turn to left
- 18-24 Stay on balls of both feet and continue pushing right shoulder forward. Straighten legs with weight on left foot after completion of turn

### "COWBOY HAND JIVE"

#### SHUFFLE, $\frac{1}{2}$ TURN, SHUFFLE:

- 25 Step forward with right foot
- & Step together with left foot
- 26 Step forward with right foot
- & Pivot  $\frac{1}{2}$  turn to left
- 27 Step forward with left foot
- & Step together with right foot
- 28 Step forward with left foot

#### $\frac{1}{4}$ TURN, SHUFFLE, $\frac{1}{2}$ TURN, SHUFFLE:

- & Pivot  $\frac{1}{4}$  turn right
- 29 Step forward with right foot
- & Step together with left foot
- 30 Step forward with right foot
- & Pivot  $\frac{1}{2}$  turn left
- 31 Step forward with left foot
- & Step together with right foot
- 32 Step forward with left foot

### "LINDA LU"

#### OUT-OUT, IN-IN, OUT-OUT, IN-IN:

- & Step (out) back-right with right foot
- 33 Step (out) back-left with left foot
- & Step (in) back-left with right foot
- 34 Step (in) back-right with left foot

- & Step (out) back-right with right foot
- 35 Step (out) back-left with left foot
- & Step (in) back-left with right foot
- 36 Step (in) back-right with left foot

### **WIGGLE WALKS, CLAP/TOUCH:**

- 37 Step  $\frac{1}{4}$  turn left with right foot, bump hips to right side
- & Relax hip
- 38 Bump hips to right side
- 39 Pivot  $\frac{1}{4}$  turn right on ball of right foot
- 40 Clap/touch left toe next to right foot
- 41 Step  $\frac{1}{4}$  turn right with left foot, bump hips to left side
- & Relax hips
- 42 Bump hips to left side
- 43 Pivot  $\frac{1}{4}$  turn left on ball of left foot
- 44 Clap/touch right toe next to left foot

### **WIGGLE WALKS, CLAP/TOUCH:**

- 45 Step  $\frac{1}{4}$  turn left with right foot, bump hips to right side
- & Relax hips
- 46 Bump hips to right side
- 47 Pivot  $\frac{1}{4}$  turn right on ball of right foot
- 48 Clap/touch left toe next to right foot
- 49 Step  $\frac{1}{4}$  turn right with left foot, bump hips to left side
- & Relax hips
- 50 Bump hips to left side
- 51 Pivot  $\frac{1}{4}$  turn left on ball of left foot
- 52 Clap/touch right toe next to left foot

### **"CHA-CHA LENGUA"**

### **TOUCH, PIVOT, $\frac{1}{2}$ TURN:**

- 53 Touch left toe forward
- 54 Pivot ½ turn right on ball of right foot
- 55 Pivot ¼ turn right on ball of right foot, stepping to left side with left foot
- & Pivot ¼ turn right on ball of left foot stepping to right side with right foot
- 56 Step back with left foot

#### **¼ TURN, IN FRONT, ¼ TURN, ½ TURN:**

- 57 Pivot ¼ turn right on ball of left foot, stepping to right side with right foot
- 58 Step across in front of right leg with left foot
- 59 Pivot ¼ turn left on ball of left foot, stepping back with right foot
- & Lift left knee, place left foot close to right knee
- 60 Pivot ½ turn to left on ball of right foot

#### **"PRANCING PONY"**

#### **STEP, STEP TOGETHER, PAW, PAW:**

- 61 Step forward with left foot
- 62 Place right foot next to left foot
- 63 Reverse scuff with ball of left foot
- 64 Reverse scuff with ball of left foot

#### **REPEAT**