

# The Knife

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**Count:** 64      **Wall:** 2      **Level:** Intermediate

**Choreographer:** David Spencer (UK) Feb 08

**Music:** Control Of The Knife by Girls Aloud, CD: Tangled Up

## **Alt: Take These Chains From My Heart by Lee Roy Parnell**

**(32 count intro - Start on vocals)**

### **R Kick & Point & Point - Kick. Weave Behind & Cross. L Side Rock, Recover ¼ Right.**

- 1 & 2**      Kick R forward. Step down on R next to L. Point L toe to L.
- &3-4**      Close L next to R. Point R toe to R. Kick R to R diagonal
- 5 & 6**      Cross R behind L. Step L to L side. Cross R over L.
- 7 - 8**      Rock out on L to L side. Recover on R making ¼ turn R. [3.00]

### **Step Pivot ½ Turn R x 2. L Cross Side L Sailor**

- 1 - 2**      Step forward on L. Pivot ½ turn R.
- 3 - 4**      Step forward on L. Pivot ½ turn R.
- 5 - 6**      Cross L over R. Step R to R side.

### **7 & 8 L sailor step. [3.00]**

### **R Cross, ¼ Turn R. R Coaster Step. ¼ Turn Side Ball Cross Side.**

- 1 - 2**      Cross R over L, Turn ¼ turn R stepping back on L.
- 3 & 4 R coaster step.**
- 5 - 6**      Making ¼ turn R step L to L side. Cross R behind L.
- &7- 8**      Step slightly back on L. Cross R over L. Step L to L side. [9.00]

### **Jazz Box ¼ Turn R x 2.**

- 1 - 2**      Sweep R out and cross R over L. Step back on L.
- 3 - 4**      Turn 1/4 R stepping R to R side. Close L next to R.
- 5 - 6**      Cross R over L. Step back on L.
- 7 - 8**      Turn 1/4 R stepping R to R side. Close L next to R. [3.00]

### **Step pivot ½ Turn L. R Shuffle forward. Step Pivot ½ Turn R. L Shuffle Forward.**

1 - 2 Step forward on R. Pivot ½ turn L.

**3 & 4 R shuffle forward on R-L-R.**

5 - 6 Step forward on L. Pivot ½ turn R.

**7 & 8 L shuffle forward on L-R-L [3.00]**

### **Toe Touch Hold & Toe Touch Hold. & Heel Switches. R Side Rock.**

1 - 2 Touch R toe next to L. Hold.

&3- 4 Step slightly back on R. Touch L toe next to R. Hold.

&5&6 Step slightly back on L. Touch R heel forward. Step slightly back on R. Touch L heel forward.

&7 -8 Step down on L next on R. Rock out to R on R. Recover onto L. [3.00]

**(Counts 1 - 6 should travel slightly back.)**

### **Cross Unwind Full Turn. Chasse L. R Cross Rock. Chasse R.**

1 Cross R over L bending L knee (dipping down slightly).

2 Unwind full turn L (weight ends on R coming up onto R toe and hitching L knee up)

3 & 4 Chasse L on L-R-L.

5 - 6 Cross rock R over L. Recover back on L.

7 & 8 Chasse R on R-L-R. [3.00]

### **Cross Back Back Cross. L Side Rock. Weave Behind ¼ R Step Forward.**

1 - 2 Cross L over R. Slide R foot back slightly on R diagonal (body facing to L diagonal)

3 - 4 Step back on L. Cross R over L (body still facing to L diagonal)

5 - 6 Rock out to L on L (squaring up to 3.00 wall). Recover back on R.

7 & 8 Cross L behind R. Turn ¼ right stepping forward on R. Step forward on L [6.00]