

# Knight In Shining Armour

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Rep Ghazali-Meaney, Scotland (November 2018)

**Music:** Distress (Sending Out An S.O.S) by Big Ali (Feat. Shana P) (3.27min)

**#32 count intro start on vocal, available from iTunes and Amazon**

**[01-08] R KICK OUT OUT, KNEE IN- $\frac{1}{4}$  TURN, R COASTER, L FWD-R SCUFF**

1&2kick Right forward, step Right to Right side, step Left to Left side (shoulder apart)

3-4twist Right knee in towards Left, twist Right knee out making  $\frac{1}{4}$  turn Right (3)

5&6step back Right, step Left together, step forward Left

7-8step forward Left, scuff forward Right (3)

**[09-16] R SHUFFLE BACK, L SHUFFLE  $\frac{1}{2}$  TURN, SYNCOPATEP FWD ROCKS**

1&2step back Right, step Left together, step back Right

3&4 $\frac{1}{4}$  turn Left by stepping Left to Left side, step Right together,  $\frac{1}{4}$  turn Left by stepping forward on Left (9)

5-6rock forward Right, recover on Left

&7-8step Right together, rock forward Left, recover on Right (9)

**[17-24] R & L TOE SWITCHES, & R SIDE ROCK-RECOVER, R SAILOR  $\frac{1}{4}$  TURN,L CROSS ROCK-RECOVER R**

&1&2step Left together, point Right toe to Right, step Right together, point Left toe to Left

&3-4step Left together, rock Right to Right side, recover on Left

5&6 $\frac{1}{4}$  turn Right step Right behind Left side, step Left to Left, step Right to Right side (12)

7-8cross rock Left over Right, recover on Right (12)

**[25-32] L SWAY-R SWAY,  $\frac{3}{4}$  TURN, L SLIDE-R TOG, L SHUFFLE FWD**

**1-2sway Left to Left and looking over Left shoulder, sway Right to Right and looking over Right shoulder**

**3-4¼ turn Left by stepping forward on Left, ½ turn Left by stepping back on Right (3)**

**5-6big step Left back and dragging Right next to Left, step Right beside Left**

**7&8step forward Left, step Right together, step forward Left (3)**

---

Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=129772](https://www.linedance.com/index.php?f=dance_view&id=129772)