

# KNOCK KNEES

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**Count:** 32      **Wall:** 4      **Level:** beginner

**Choreographer:** Carol Carleton

**Music:** Knock On Wood by Amii Stewart

- 1&2**      Shuffle forward right-left-right
- 3&4**      Shuffle forward left-right-left
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- 5-6**      Step forward on right, pivot  $\frac{1}{2}$  turn left to face the back wall
- 7-8**      Repeat to face the front wall
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- 9&10**     Shuffle sideways to the right
- 11-12**    Rock back on left, recover
- 13&14**    Shuffle sideways to the left
- 15-16**    Rock back on right, recover
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- 17-18**    Moving backwards - step back on right diagonal, touch left to right
- 19-20**    Step back left, touch right to left
- 21-22**    Step back on right, touch left to right
- 23-24**    Step back on left and  $\frac{1}{4}$  turn to left, scuff and bring right foot to left
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- 25-28(Weight even) turn toes out, heels out, toes out, hold**
- 29-32**    Moving inwards, toes in, heels in, toes in, hold

**REPEAT**