

I Get Knocked Down

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Count: 64 **Wall:** 4 **Level:** High Improver

Choreographer: Dong Sook Kim (KOR) January 2018

Music: Tubthumping - Chumbawamba

Intro : 16 Counts

Tag : A 16 Count Tag Will Occur After Wall 1 (Facing 3.00) and wall 2 (Facing 6.00)

S1: RF and LF Cross Mambos , RF and LF Side Switches, Aross, 1/2 Turn L

- 1&2** Rock RF cross over LF(1), Recover onto LF(&), Step RF to R side(2)
- 3&4** Rock LF cross over RF(3), Recover onto RF(&), Step LF to L side(4)
- 5&6&** Touch RF to R side(5), Close RF next to LF(&), Touch LF to L side(6), Close LF next to RF(&)
- 7-8** Aross RF in front of LF(7), Make a 1/2 turn L and step forward on LF(8) 6.00

S2: Cross Rock, Side Rock, Sailor step with R, Cross Rock, Side Rock, Sailor step 1/4 Turn L with L

- 1&2&** Rock RF cross over LF(1), Recover onto LF(&), Rock RF side to R(2), Recover onto LF(&)
- 3&4** Cross RF behind LF(3), Step LF to L side(&), Step RF to R side(4)
- 5&6&** Rock LF cross over RF(5), Recover onto RF(&), Rock LF side to R(6), Recover onto RF(&)
- 7&8** Make a 1/4 turn L and Cross LF behind RF(7), Step RF side to R(&), Step LF to L side(8) 3.00

S3. RF Cross Rock × 2, Cross Samba with R, LF Cross Rock × 2, Cross Samba with L

- 1&2&** Rock RF cross over LF(1), Recover onto LF(&), Rock RF cross over LF(2), Recover onto LF(&)
- 3&4** Cross RF over LF(3), Rock LF to L side(&), Recover onto RF(&)
- 5&6&** Rock LF cross over RF(5), Recover onto RF(&), Rock LF cross over RF(6), Recover onto RF(&)
- 7&8** Cross LF over RF(7), Step RF to R side(&), Step LF to L side(8)

S4: Fwd Mambo, Back, Back Mambo, Fwd, Syncopated Lock step, Tap

- 1&2** Rock RF forward(1), Recover onto LF(&), Step back on RF(2)
- 3&4** Rock LF back(3), Recover onto RF(&), Step forward on LF(4)
- 5&6** Step forward diagonal on RF(5), Lock LF behind RF(&), Step forward diagonal on RF(6)
- &7&** Step forward diagonal on LF(&), Lock RF behind LF(7), Step forward diagonal on LF(&)
- 8** Tap RF beside LF(8)

S5: Cross, Side, Sailor step with R, Cross, Side, Sailor step 1/4 Turn L with L

- 1-2** Cross RF over LF(1), Step LF to L side(2)
- 3&4** Cross RF behind LF(3), Step LF to L side(&), Step RF to R side(4)
- 5-6** Cross LF over RF(5), Step RF to L side(&)
- 7&8** Make a 1/4 turn L and Cross LF behind RF(7), Step RF to R side(&), Step RF to L side(8)
12.00

S6: Cross, Side, Weave, Side Rock, 1/4 Turn and Fwd, Suffle Fwd

- 1-2** Cross RF over LF(1), Step LF to L side(2)
- 3&4** Cross RF behind LF(3), Step RF to R side(&), Cross LF over RF(&)
- 5-6** Rock LF side to L(5), Make a 1/4 turn to R and recover onto RF(6) 3:00
- 7&8** Step forward on LF(7), Close RF next to Lf(&), Step forward on LF(8) 3.00

S7: Shoulder Isolations(R-L, R-center-R, L-R, L-center-L)

- 1-2** Step RF to R side and push upper body to R(1), Push upper body to L(2)
- 3&4** Push upper body to R(3), Return body to the center(&), Push upper body to R(4)
- 5-6** Push upper body to L(5), Push upper body to R(6)
- 7&8** Push upper body to L(7), Return body to the center(&), Push upper body to L(8)

S8: 1/8 Turn L and RF Side , Together, Circle Hips×2, 1/8 Turn R and LF Side, Together, Circle Hips×2

- 1-2** Make a 1/8 turn L and step RF to R side(1), Step RF together next to LF(2) 1:30
- 3-4** Circle hips counter-clockwise twice quick(weight ends on RF)
- 5-6** Make a 1/8 turn R and step LF to L side(5), Step LF together next to RF(6) 3:00
- 7-8** Circle hips counter-clockwise twice quick(weight ends on LF)

Start dancing again!

Tag : an 16 count Tag will occur after wall 1 (Facing 3.00) and wall 2 (Facing 6.00)

Tag is the 16 count of Sec.5 and Sec.6

ENDING on wall 5 dance up to 45 count then recover on LF, cross suffle (cross LF over RF, step RF to R side, cross LF over RF) 12.00

Contact : awesomeline9@gmail.net

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