

# Knock Yourself Out

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**Count:** 64

**Wall:** 4

**Level:** Improver - ECS

**Choreographer:** Marie Sørensen (Sunshine Cowgirl) - Dk - Sept 2012

**Music:** "Knock Yourself Out" by Lee Roy Parnell

## Intro: 24 Counts

### Kick, Kick, Sailor Step, Kick, Kick, ¼ Turn Run, Run, Run

1-2 Kick right fwd. kick right to right side

3&4 Cross right behind left, step left to left side, step right beside left

5-6 Kick left fwd. Kick left to left side

### 7&8¼ turn left, Run fwd. left, right, left (09:00)

### Shuffle, Rock, Recover, Shuffle, Rock, Recover

1&2 Step fwd. Right, step left beside right, step fwd. right

3-4 Rock fwd. Left, recover

5&6 Step back on left, step right beside left, step back on left

7-8 Rock back on right, recover (09:00)

### Step ¼ Turn, Cross Shuffle, Rock, Recover, Behind, Side, Cross

1-2 Step fwd. Right, ¼ turn left (Weight on left)

3&4 Cross right over left, step left to left side, cross right over left

5-6 Rock left to left side, recover

7&8 Step left behind right, step right to right side, cross left over right (06:00)

### Side, Touch, Side, Touch, Walk, Walk, Scuff, Out, Out

1-2 Step right to right side, touch left beside right

3-4 Step left to left side, touch right beside left

5-6 Walk fwd. right, left

7&8 Scuff right fwd. step right to right side, step left to left side (06:00)

### Knee Rolls (Elvis Knee)

1-2 Right knee in, hold

- 3-4 Left knee in, hold  
5-6 Right knee in, left knee in  
7-8 Right knee in, left knee in (06:00)

### **Kick, Kick, Sailor Step ¼ Turn, Kick, Kick, Sailor Step**

- 1-2 Kick left fwd. kick left to left side

### **3&4¼ turn left, step left behind right, step right to right side, step fwd. left**

- 5-6 Kick right fwd. kick right to right side  
7&8 Step right behind left, step left beside right, step fwd. Right (03:00)

### **Fwd. Left, Tap, Back, Heel, Shuffle, Run, Run, Run**

- 1-2 Step fwd. Left, tap right toe behind left & clap  
3-4 Step back on right, tap left heel fwd. & clap  
5&6 Step back on left, step right beside left, step back on left  
7&8 Run back, right, left, right (03:00)

### **Back Rock, Recover, ¼ Paddle Turns Twice, Jazz Box, Cross**

- 1-2 Rock back on left, recover  
3-4 Step fwd. Left, ¼ turn right (Weight on right)(06:00)  
5-6 Step fwd. Left, ¼ turn right (Weight on right)  
7&8 Cross left over right, step back on right, step left beside right (09:00)

### **Have Fun!**

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