

KNOCK YOURSELF OUT

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Count: 64

Wall: 2

Level: beginner/intermediate

Choreographer: Sue Coats

Music: Knock Yourself Out by Lee Roy Parnell

OUT-OUT, HOLD & CLAP, KICK BALL CHANGE, STEP FORWARD, PIVOT ½ TURN & SWEEP, SAILOR

- &1-2** Jump feet apart stepping right, left, hold & clap
- 3&4** Right kick ball change - kick right forward, step right in place, step forward left
- 5-6** Step right forward, pivot ½ turn left sweeping left toe in semi circle along the floor
- 7&8** Left sailor step: step left behind right, step right to right side, step left to left side

CROSS SHUFFLE, SIDE SHUFFLE, STEP FORWARD, PIVOT ½ TURN & SWEEP, SAILOR

- 1&2** Shuffle right across in front of left: right-left-right
- 3&4** Side shuffle to the left: left-right-left
- 5-6** Step right forward, pivot ½ turn left sweeping left toe in semi circle along the floor
- 7&8** Left sailor step: step left behind right, step right to right side, step left to left side

CROSS, ¼ TURN, ¼ TURN RIGHT. CROSS, ¼ TURN, ¼ TURN, ROCK, ROCK

- 1-2** Cross-right over left, turn ¼ right stepping back on left
- 3-4** Turn ¼ right stepping right to right side, cross left over right
- 5-6** Turn ¼ left stepping back on right, turn ¼ left stepping left to left side
- 7-8** Cross rock right over left, replace weight on left

CROSS ROCK, REPLACE, SIDE SHUFFLE, CROSS ROCK, REPLACE, SIDE SHUFFLE ¼ TURN

- 1-2** Cross rock right over left, replace weight on left
- 3&4** Side shuffle to the right: right-left-right
- 5-6** Cross rock left over right, replace weight on right
- 7&8** Side shuffle to left turning ¼ left: left-right-left

STEP FORWARD, PIVOT ½, SHUFFLE ½ TURN, STEP BACK, STEP BACK, ROCK BACK, ROCK FORWARD

- 1-2** Step forward on right, pivot ½ turn left (take weight on left)

- 3&4** Shuffle ½ turn left stepping: right-left-right
5-6 Step back on left, step back on right
7-8 Rock back on left, rock forward on right

SHUFFLE ½ TURN, ROCK BACK, ROCK FORWARD, SHUFFLE ½ TURN, ROCK BACK, ROCK FORWARD

- 1&2** Shuffle ½ turn right stepping: left-right-left
3-4 Rock back on right, rock forward on left
5&6 Shuffle ½ turn left stepping. Right-left-right
7-8 Rock back on left, rock forward on right

STEP FORWARD: LEFT-RIGHT-LEFT. KICK RIGHT FORWARD, STEP BACK: RIGHT-LEFT-RIGHT. SWEEP TOE INTO ¼ LEFT

- 1-4** Step forward: left-right-left (with attitude), kick right foot forward with a whoo!
& Clap
5-8 Step back: right-left-right (with attitude), sweep left toe around into ¼ turn left

SIDE ROCK WITH HIPS LEFT & RIGHT, STEP FORWARD, SLIDE, STEP FORWARD, SLIDE

- 1-4** Rock left to left side while bumping hips left twice, bump hips right twice
5-6 Step left forward 45 degrees left, slide right beside left (weight on right)
7-8 Step left forward 45 degrees left, slide right beside left (weight on left)

REPEAT