

# KNOX KNEES

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**Count:** 64

**Wall:** 4

**Level:** intermediate/advanced

**Choreographer:** Knox Rhine

**Music:** Because Of Country Music by The Geezinslaws

## STEP, PIVOT, OUT-OUT, CLAP:

- 1 Step forward with right foot
- 2 Pivot ½ turn left on ball of right foot
- 3 Step forward-right with right foot
- & Step to left side with left foot
- 4 Clap hands at chest level

## IN-FRONT, CLAP, ½ TURN, CLAP:

- & Step in with left foot
- 5 Step across in front of left leg with right foot
- 6 Clap hands at chest level
- 7 Pivot ½ turn left on balls of both feet
- 8 Clap hands at chest level

## KNEES - RIGHT, LEFT, RIGHT, LEFT-RIGHT:

- 9 Move left knee to right side, right leg straight
- 10 Move right knee to left side, left leg straight
- 11 Move left knee to right side, right leg straight
- & Move right knee to left side, left leg straight
- 12 Move left knee to right side, right leg straight

## WALKING KNEE ROLLS:

- 13 Step forward with left toe, roll left knee out
- 14 Roll left knee in, drop left heel
- 15 Step forward with right toe, roll right knee out
- 16 Roll right knee in, drop right heel
- 17 Step forward with left toe, roll left knee out

- 18 Roll left knee in, drop left heel
- 19 Step forward with right toe, roll right knee out
- 20 Roll right knee in, drop right heel

### **SCOOT-TAP, BRUSH, SCOOT-STEP, STOMP:**

- & Scoot back on right foot
- 21 Tap left toe back
- 22 Brush left toe forward
- & Scoot forward on right foot
- 23 Step forward with left foot
- 24 Stomp right foot next to left foot

### **KNEES RIGHT, KNEES LEFT, KNEE CIRCLES:**

- 25 Bend knees forward-right
- & Straighten legs
- 26 Bend knees forward-left
- & Straighten knees
- 27 Roll knees 1 full circle to the left
- 28 Roll knees 1 full circle to the left

### **BACK-BACK, RIGHT KNEE, 2, 3:**

- & Step back with right foot
- 29 Step back slightly apart with left foot
- 30 Flip right knee out, snapping right fingers
- & Bring right knee in
- 31 Flip right knee out, snapping right fingers
- & Bring right knee in
- 32 Flip right knee out, snapping right fingers
- & Bring right knee in

### **BACK-BACK, LEFT KNEE, 2, 3:**

- & Step back with left foot

- 33 Step back slightly apart with right foot
- 34 Flip left knee out, snapping left fingers
- & Bring left knee in
- 35 Flip left knee out, snapping left fingers
- & Bring left knee in
- 36 Flip left knee out, snapping left fingers
- & Bring left knee in

#### **LEFT SAILOR STEP, RIGHT SAILOR STEP:**

- 37 Step across behind left leg with right foot
- & Step to left side with left foot
- 38 Step to right side with right foot
- 39 Step across behind right leg with left foot
- & Step to right side with right foot
- 40 Step to left side with left foot

#### **KICK, CROSS ½ TURN, SHUFFLE:**

- 41 Kick forward with right foot
- 42 Hook right foot across left leg and spin ½ turn right on ball of left foot
- 43 Step forward with right foot
- & Step together with left foot
- 44 Step forward with right foot

#### **KICK, CROSS ½ TURN, SHUFFLE:**

- 45 Kick forward with left foot
- 46 Hook left foot across in front of right leg and spin ½ turn left on ball of right foot
- 47 Step forward with left foot
- & Step together with right foot
- 48 Step forward with left foot

#### **STEP, LOCK, HESITATION PIVOT: ¼, ½:**

- 48 Step forward right foot,

- 50 Slide-lock left foot up behind right foot
- 51 Pivot  $\frac{1}{4}$  turn left on balls of both feet, bounce heels
- 52 Pivot  $\frac{1}{2}$  turn left, drop heels

### **PUSH RIGHT, PUSH LEFT:**

- 53 Lunge to right side with right foot
- 54 Step together with right foot
- 55 Lunge to left side with left foot
- 56 Step together with left toe

### **STEP, LOCK, OUT-FORWARD, LOCK:**

- 57 Step forward with left foot
- 58 Slide lock right foot up behind left foot, bend left knee
- & Step to left side with left foot
- 59 Step to forward with right foot
- 60 Slide-lock left foot up behind right foot, bend right knee, weight on left foot

### **ANKLE ROCKS:**

- 61 Rock knees to left side, weight on right foot
- 62 Rock knees to right side, weight on left foot
- 63 Rock knees to left side, weight on right foot
- & Rock knees to right side, weight on left foot
- 64 Rock knees to left side, weight on right foot
- & Rock knees to right side, weight on left foot

### **REPEAT**