

KNOCK YOURSELF OUT

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Count: 64 **Wall:** 4 **Level:** —

Choreographer: Jamie Marshall

Music: Knock Yourself Out by Lee Roy Parnell

RIGHT WHIPS, CUBAN SIDE STEPS

- 1 Step right with right (shoulder length)
- 2-4 Whip wrists to right moving upper body slightly to right
- 5 Step left with left slightly bending knees
- 6 Step left next to right straightening knees
- 7 Step right with right slightly bending knees
- 8 Step right next to left straightening knees

Use hands and shoulders for styling.

STOMP, BODY ROLL, BACK PIVOTS

- 1 Stomp right forward
- 2-4 Body roll (option: hold for 3 counts)
- 5 Step right back
- 6 Pivot ½ to right
- 7 Step left forward
- 8 Pivot ½ to right (weight on right)

KICK, STEP BACK, KNEE MOTIONS

- 1 Kick left forward
- & Step left back next to right
- 2 Step right to right
- 3-4 Roll right knee circular to outside
- 5-6 Roll left knee circular to outside
- 7-8 Two knee pops

Make knee movements strong.

MONTEREY TURNS

- 1-2** Touch right toe to right side, pivot $\frac{1}{2}$ turn to right on left foot and draw right foot next to left foot, shifting weight to right foot
- 3-4** Touch left toe to left side, place left foot next to right foot with weight
- 5-8** Repeat 1-4

SNAKE, ELECTRIC BOOGIE TURN $\frac{1}{4}$

- 1-2** Snake left (side body roll to left)
- 3-4** Snake right (side body roll to right)

End with weight on left

- &5** Step right foot back at diagonal, extending left heel diagonal left
- &6** Step on left with weight, crossing right in front of left
- &7** Step left foot back at diagonal, extending right heel diagonal right
- &8** Step on right with weight turning $\frac{1}{4}$ right, step left next to right

FORWARD WALK, KICK, JUMP BACK

- 1** Step right forward
- 2** Step left forward
- 3** Step right forward
- 4** Step left forward
- 5** Kick right forward
- &6** Jump back right, left
- 7-8** Circular body roll

FUN STEPS WITH SNAPS

Hands will be up with toe steps, ready to snap with heel stomps

- 1** Right toe/ball forward
- 2** Stomp down right heel
- 3** Left toe/ball forward
- 4** Stomp down left heel
- 5** Right toe/ball forward

- 6 Stomp down right heel
- 7 Left toe/ball forward
- 8 Stomp down left heel

RIGHT VINE, TURN SCUFF, SLIDE

- 1 Step right with right
- 2 Cross left behind right
- 3 Step right with right
- 4 Touch left next to right
- 5 Prep step $\frac{1}{4}$ to left with left
- 6 Scuff right next to left completing $\frac{1}{2}$ turn
- 7 Long side step to right with right
- 8 Slide left next to right switching weight

REPEAT