

# A KNOCKDOWN

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Geri Morrison

**Music:** Knockdown by Alesha Dixon

## **RIGHT CROSS SHUFFLE, TRIPLE HALF TURN RIGHT, RIGHT CROSS SHUFFLE, SIDE ROCK ¼ TURN RIGHT STEP**

- 1&2** Cross step right over left, step left to left side, cross step right over left
- 3&4** Left triple ½ turn right stepping left, right, left. (6:00)
- 5&6** Cross step right over left, step left to left side, cross step right over left
- 7&8** Rock left to left side, recover weight on right making ¼ turn right, step forward on left

## **TRIPLE FULL TURN LEFT, LEFT KICK-BALL-CROSS, SIDE TOGETHER FORWARD, SIDE ROCK & TOUCH**

- 1&2** Traveling forward - right triple full turn left stepping right, left, right. (9:00)
- 3&4** Kick left forward, step ball of left beside right, cross step right over left
- 5&6** Step left to left side, close right beside left, step forward on left
- 7&8** Rock right to right side, recover weight on left, touch right toe across left

## **SIDE ROCK & CROSS, TRIPLE HALF TURN RIGHT, HIP BUMPS RIGHT & LEFT (TRAVELING FORWARD)**

- 1&2** Rock right to right side, recover weight on left, cross step right over left
- 3&4** Left triple ½ turn right stepping left, right, left. (3:00)
- 5&6** Step right slightly forward bumping hips right, left, right. (weight on right)
- 7&8** Step left slightly forward bumping hips left, right, left. (weight on left)

**Counts 5-8 above should travel slightly forward**

## **PADDLE ¼ TURN LEFT TWICE, RIGHT KICK-BALL-BACK, & BACK, & BACK, 2 X WALKS FORWARD**

- &1** Hitch right knee across left, make ¼ turn left pointing right toe to right side
- &2** Hitch right knee across left, make ¼ turn left pointing right toe to right side
- 3&4** Kick right forward, step back on ball of right, step back on left

- &5** Step back on ball of right, step back on left. (feet apart)
- &6** Step back on ball of right, step back on left. (feet apart)
- 7-8** Walk forward on right, walk slightly forward on left. (9:00)

**REPEAT**

**Thanks to Rick for putting me on to the Track**

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