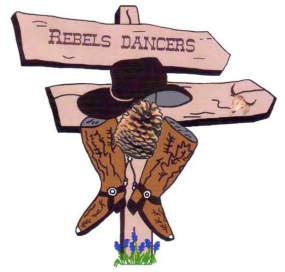


KNOCK OFF



Type : Danse en ligne , 52 comptes , 2 murs , 2 restarts , 1 final
Niveau : intermédiaire
Chorégraphe : Guylaine BOURDAGE & Chrystel DURAND & Julie LEPINE & Stéphane CORMIER & Nicolas LACHANCE & Niels POULSEN (juillet 2022)
Musique : " Knock Off " de Jess MOSKALUKE
Intro : 24 counts from very first beat in music. App. 11 secs. into track. Start with weight on L foot .
Note : Choreographed at Winslow's Festival

1 - 8 R SIDE ROCK, TOGETHER, L SIDE ROCK, BEHIND SIDE CROSS, R SIDE ROCK, RECOVER ¼ L

1-2& Rock R to R side (1), recover on L (2), step R next to L (&) 12:00
3-4 Rock L to L side (3), recover on R (4) 12:00
5&6 Cross L behind R (5), step R to R side (&), cross L over R (6) 12:00
7-8 Rock R to R side (7), recover on L with ¼ L (8) 9:00

9 - 16 R SHUFFLE FWD, TAP ½ TURN R, R BACK ROCK, R KICK BALL CHANGE

1&2 Step R fwd (1), step L behind R (&), step R fwd (2) 9:00
3&4 Turn ¼ R on R touching L next to R (3), turn ¼ R and lift L foot up and scoot back slightly on R foot (&), step back on L (4) ...

Easy option: shuffle ½ R backwards 3:00

5-6 Rock back on R (5), recover on L (6) 3:00
7&8 Kick R fwd (7), step R next to L (&), change weight to L (8) ...

*** RESTART here on wall 3 : after 16 counts, facing 3:00. Turn ¼ L to restart the dance facing 12:00**

17 - 24 R&L HEEL SWITCHES, STOMP R FWD, HOLD, L&R HEEL SWITCHES, STOMP L FWD, HOLD

1&2& Touch R heel fwd (1), step R next to L (&), touch L heel fwd (2), step L next to R (&) 3:00
3-4 Stomp R fwd (3), HOLD (4) 3:00
5&6& Touch L heel fwd (5), step L next to R (&), touch R heel fwd (6), step R next to L (&) 3:00
7-8 Stomp L fwd (7), HOLD (8) 3:00

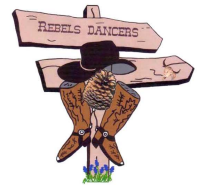
25 - 32 R SHUFFLE FWD, STEP ½ R, ¼ R INTO L CHASSE, R BACK ROCK

1&2 Step R fwd (1), step L behind R (&), step R fwd (2) 3:00
3-4 Step L fwd (3), turn ½ R onto R (4) ... Ending: comes here, see bottom of step sheet for info 9:00
5&6 Turn ¼ R stepping L to L side (5), step R next to L (&), step L to L side (6) 12:00
7-8 Rock back on R (7), recover fwd onto L (8) ...

*** RESTART here on wall 4 after 32 counts, facing 12:00**



KNOCK OFF (SUITE)



33 - 40 R KICK & L TAP & R KICK & L HEEL & R TAP & L HEEL & R KICK BALL STEP

- 1&2& Kick R fwd (1), step down on R (&), tap L toes behind R foot (2), step back on L (&) 12:00
3&4& Kick R fwd (3), step back on R (&), touch L heel fwd (4), step down on L (&) 12:00
5&6& Tap R toes behind L foot (5), step back on R (&), touch L heel fwd (6), step down on L (&) 12:00
7&8 Kick R fwd (7), step R next to L (&), step L fwd (8) 12:00

41 - 48 R ROCK FWD, R FULL TRIPLE TURN, L ROCK FWD, SHUFFLE ½ L

- 1-2 Rock R fwd (1), recover back on L (2) 12:00
3&4 Turn ½ R stepping R fwd (3), step L next to R (&), turn ½ R stepping R slightly fwd (4) 12:00
5-6 Rock L fwd (5), recover back on R (6) 12:00
7&8 Turn ¼ L stepping L to L side (7), step R next to L (&), turn ¼ L stepping L fwd (8) 6:00

49 - 52 STEP OUT RL, HEEL BOUNCES

- 1-2 Step R a small step out to R side (1), step L a small step out to L side (2) 6:00
&3&4 Lift heels off the floor (&), step heels down (3), lift heels off the floor (&), step heels down (4) 6:00

ENDING Wall 8 is your last wall. It starts facing 6:00. Do up to count 26, then change the ½ R to a step ¼ R and cross L over R to finish the dance facing 12:00 ag

RECOMMENCEZ ET GARDER LE SOURIRE