

Knock Yourself Out

32 count, 4 wall, Intermediate level

Choreographer: Maggie Gallagher (UK) Jun 05
Choreographed to: Knock Yourself Out by Toby Keith
from the Honkytonk University album (104bpm)

Intro : 32 counts. Start on Vocals
The dance moves in an anti-clockwise direction.

FORWARD, ROCKS, LEFT BACK LOCK , ROCKS, 1/2 LEFT, SIDE STEP LEFT

1,2,3 Step forward on right, Rock forward on left, Rock back onto right
4&5 Step back on left, Lock right in front of left, Step back on left (Left back lock step)
6,7 Rock back onto right, Rock forward onto left
8& 1/2 turn left stepping back on right, Step left to left side

RIGHT CROSS, SWAYS, WEAWE RIGHT, ROCK, RECOVER, 1/2 HINGE RIGHT x2

1 Cross right over left
2,3 Step left to left side swaying left, Sway right
4&5 Cross left behind right, Step right to right side, Cross left over right
6,7 Rock out to right side, Recover onto left side
8& 1/2 hinge turn right stepping right to right side, 1/2 hinge turn right stepping left to left side
Note :Keep the hinge turns small as they are very quick

RIGHT ROCK BACK, ROCK FWD, RIGHT SIDE CHASSE WITH 1/4 TURN RIGHT, STEP FWD, 1/4 RIGHT, LEFT CROSS SHUFFLE

1,2 (On a slight diagonal right) Rock back on right, Rock forward onto left
3&4 Step right to right side, Close left beside right, 1/4 turn right stepping forward on right
5,6 Step forward on left, Make 1/4 turn right placing weight onto right
7&8 Cross left over right, Step right to right side, Cross left over right

SIDE STEP, LEFT CROSS, FULL UNWIND RIGHT, LEFT SIDE CHASSE, ROCK, RECOVER, 1/4 LEFT STEP BACK, LEFT TOGETHER

1,2 Step right to right side, Cross left over right
3 Unwind a full turn right (weight ending on right)
4&5 Step left to left side, Close right beside left, Step left to left side (Left side chasse)
6,7 (On a slight diagonal right) Rock back on right, Recover onto left
8& Make 1/4 turn left stepping back on right, Close left beside right