

Knock Yourself Out

Choreographed by Maggie Gallagher

Description: 32 count, 4 wall, intermediate line dance
Musik: Knock Yourself Out by Toby Keith [Honky Tonk University]

Start dancing on lyrics

FORWARD, ROCKS, LEFT BACK LOCK, ROCKS, ½ LEFT, SIDE STEP LEFT

1-2-3 Step right forward, rock left forward, rock back onto right 12
4&5 Step left back, lock right over left, step left back (left back lock step)
6-7 Rock right back, recover to left
8& Turn ½ left and step back on right, step left to side (6:00)

RIGHT CROSS, SWAYS, WEAWE RIGHT, ROCK, RECOVER, ½ PIVOT RIGHT TWICE

1 Cross right over left
2-3 Step left to side swaying left, sway right
4&5 Cross left behind right, step right to side, cross left over right
6-7 Rock right to side, recover to left side
8& ½ pivot turn right stepping right to right side, ½ pivot turn right stepping left to left side
Keep the pivot turns small as they are very quick

RIGHT ROCK BACK, ROCK FORWARD, RIGHT SIDE CHASSE WITH ¼ TURN RIGHT, STEP FORWARD, ¼ RIGHT, LEFT CROSS SHUFFLE

1-2 (On a slight diagonal right) rock back on right, rock forward onto left (6:00)
3&4 Step right to side, step left together, turn ¼ right and step forward on right (9:00)
5-6 Step left forward, turn ¼ right placing weight onto right (12:00)
7&8 Crossing chassé left, right, left

SIDE STEP, LEFT CROSS, FULL UNWIND RIGHT, LEFT SIDE CHASSE, ROCK, RECOVER, ¼ LEFT STEP BACK, LEFT TOGETHER

1-2 Step right to side, cross left over right
3 Unwind a full turn right (weight ending on right) (12:00)
4&5 Step left to side, step right together, step left to side (left side chasse)
6-7 (On a slight diagonal right) rock back on right, recover to left
8& Turn ¼ left and step back on right, close left beside right (9:00)

REPEAT