Knock Off

Guylaine Bourdages (CAN), Chrystel Durand (FRA), Julie Lépine (CAN), Stéphane Cormier (CAN), Nicolas Lachance (CAN), Niels Poulsen (DK)

July 2022

Note: Choreographed at Winslow's Festival



Type of dance:	52 counts, 2 walls, intermediate
Music:	***Knock off*** by Jess Moskaluke. 124 bpm. Track length: 3.05 min. Buy on iTunes etc
Intro:	24 counts from very first beat in music. App. 11 secs. into track. Start with weight on L foot
2 restarts:	1st) On wall 3 (starts at 12:00), after 16 counts, facing 3:00. Turn ¼ L to restart the dance facing 12:00 again 😊 2nd) On wall 4 (starts at 12:00), after 32 counts, facing 12:00 again 😊

Counts	Footwork	End facing
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*	3:00
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*	12:00
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
	Start Again!	
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 again 😊	12:00