
Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 SIDE ROCK, TOGETHER, SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, RECOVER ¼

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

SEC 2 SHUFFLE FWD, TAP ½ TURN, BACK ROCK, KICK BALL CHANGE

- 1&2 Step R fwd, step L behind R, step R fwd
3&4 Turn ¼ R on R touching L next to R, turn ¼ R and lift L foot up and scoot back slightly on R foot, step back on L (3:00)
Option Shuffle ½ R backwards
5-6 Rock back on R, recover on L
7&8 Kick R fwd, step R next to L, change weight to L

Restart Here on Wall 3

SEC 3 HEEL SWITCHES, STOMP FWD, HOLD, HEEL SWITCHES, STOMP FWD, HOLD

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

SEC 4 SHUFFLE FWD, STEP ½, ¼ CHASSE, BACK ROCK

- 1&2 Step R fwd, step L behind R, step R fwd
3-4 Step L fwd, turn ½ R onto R (9:00)
5&6 Turn ¼ R stepping L to L side, step R next to L, step L to L side (12:00)
7-8 Rock back on R, recover fwd onto L

Restart Here on Wall 4

SEC 5 KICK & TAP & KICK & HEEL & TAP & HEEL & KICK BALL STEP

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

Knock Off
Continues... Page 1 of 2



Knock Off

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SEC 6 ROCK FWD, FULL TRIPLE TURN, ROCK FWD, SHUFFLE ½

1-2 Rock R fwd, recover back on L

3&4 Turn ½ R stepping R fwd, step L next to R, turn ½ R stepping R slightly fwd

5-6 Rock L fwd, recover back on R

7&8 Turn ¼ L stepping L to L side, step R next to L, turn ¼ L stepping L fwd (6:00)

SEC 7 STEP OUT OUT, HEEL BOUNCES

1-2 Step R a small step out to R side, step L a small step out to L side

&3&4 Lift heels off the floor, step heels down, lift heels off the floor, step heels down

Ending Dance 26 counts of Wall 8 then change the ½ R to a step ¼ R and cross L over R

