

Knock Yourself Out

Choreographed by Maggie Gallagher (June 2005)

32count 4 wall Intermediate level line dance

Intro : 32 counts. Start on Vocals

Music : Knock Yourself Out by Toby Keith from the Honkytonk University album (104bpm)

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	12
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	6

RIGHT CROSS, SWAYS, WEAVE 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	
	<i>Note :Keep the hinge turns small as they are very quick</i>	

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	6
3&4	Step right to right side, Close left beside right, 1/4 turn right stepping forward on right	9
5,6	Step forward on left, Make 1/4 turn right placing weight onto right	12
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)	12
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	9