

Knock Yourself Out

Choreographed by: Jamie Marshall

6-TITLE UCWDC WORLD SUPER STAR LINE DANCE CHAMPION

Music: "Knock Yourself Out" by Lee Roy Parnell; "Heart's Desire" by Lee Roy Parnell

STEP R, WRIST WHIPS, CUBAN SIDE STEPS

1,2,3,4 Step R to R (1), Bump to R (taking weight) while snapping fingers to R (2,3,4)
5,6 Step L to L with bent knee (5), Replace L next to R (6)
7,8 Step R to R with bent knee (7), Replace R next to L (8)

STOMP, BODY ROLL, BACKWARD PIVOTS

1,2,3,4 Stomp R forward (1), Three-count body roll back placing weight on L (2,3,4)
5,6 Step R back (5), Pivot ½ R taking weight on R (6)
7,8 Step L forward (7), Pivot ½ R transferring weight on R (8)

KICK, STEP BACK, KNEE POPS

1&2 Kick L forward (1), Step L back (&), Step R next to L (2)
3,4 Roll R knee circular to outside (3,4)
5,6 Roll L knee circular to outside (5,6)
7,8 Pop knees forward and back (7,8)

MONTEREY TURNS

1,2 Touch R to R (1), Pivot ½ R on ball of L taking weight on R (2)
3,4 Touch L to L (3), Step L next to R (4)
5,6 Touch R to R (5), Pivot ½ R on ball of L taking weight on R (6)
7,8 Touch L to L (7), Step L next to R (8)

SIDE BODY ROLLS, ELECTRIC BOOGIE, TURN ¼ RIGHT

1,2 Two-count L side body roll (1,2)
3,4 Two-count R side body roll (3,4)
&5 Step R back at diagonal (&), Extend L heel forward (5)
&6 Step down on L (&), Step R next to L (6)
&7 Step L back at diagonal (&), Extend R heel forward (7)
&8 Step down on R turning ¼ R (&), Step L next to R (8)

FORWARD WALK, KICK, JUMP BACK

1,2,3,4 Step forward, R (1), L (2), R (3), L (4)
5&6 Kick R forward (5), Jump back R, L (&6)
7,8 Two-count forward body roll (7,8)

FUN STEPS WITH SNAPS

1,2 Step R ball forward (1), Snap R heel down while snapping fingers (2)
3,4 Step L ball forward (3), Snap L heel down while snapping fingers (4)
5,6 Step R ball forward (5), Snap R heel down while snapping fingers (6)
7,8 Step L ball forward (7), Snap L heel down while snapping fingers (8)

RIGHT VINE, TURN, SCUFF, SLIDE

1,2 Step R to R (1), Cross L behind L (2)
3,4 Step R to R (3), Touch L next to R (4)
5,6 Step L to L turning 1/2 L (5), Scuff R next to L (6)
7,8 Step R long to L (7), Slide L next to R taking weight (8)

Begin Again and "Knock Yourself Out"

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