

# You Knock Me Down

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**Count:** 64      **Wall:** 2      **Level:** Intermediate

**Choreographer:** Niels Poulsen (Dk) April 2013

**Music:** Hey You Beautiful by Olly Murs. [3.08. - BPM: 128 bpm. - iTunes]

**1 EASY Tag: After wall 1, facing 6:00, there's a 4 count tag: do a backwards R rocking chair, then Restart dance**

**1 Restart: On wall 5 (which starts facing 12:00), after 32 counts, facing 12:00. Easy!**

**Intro: 16 counts from first drum beat in music (9 secs into track). Weight on L**

**[1 - 8] R back rock, R shuffle fwd, L & R heel switches, L rock fwd**

- 1 - 2      Rock back on R (1), recover fwd on L (2) 12:00
- 3&4      Step fwd on R (3), step L behind R (&), step fwd on R (4) 12:00
- 5&6&      Touch L heel fwd (5), step L next to R (&), touch R heel fwd (6), step R next to L (&) 12:00
- 7 - 8      Rock fwd on L (7), recover back on R (8) 12:00

**[9 - 16] L back rock, shuffle ½ R, R coaster step, ball rock R fw**

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

**[17- 24] ¼ side R, point L, ¼ L, ¼ L, L sailor heel, together, beginning of weave**

- 1 - 2      Turn ¼ R stepping R to R side (1), point L to L side (2) 9:00
- 3 - 4      Turn ¼ L stepping down on L (3), turn ¼ L stepping R to R side (4) 3:00
- 5&6&      Cross L behind R (5), step R to R side (&), touch L heel diagonally fwd L (6), step L next to R (&) 3:00
- 7 - 8      Cross R over L (7), step L to L side (8) 3:00

**[25 - 32] R sailor heel, together, jazz ¼ L with stomp, hold, ball step side, clap X 2**

- 1&2&      Cross R behind L (1), step L to L side (&), touch R heel diagonally fwd R (2), step R next to L (&) 3:00

- 3 - 5 Cross L over R (3), start turning  $\frac{1}{4}$  L stepping back on R (4), finish  $\frac{1}{4}$  L stomping L to L side (5) 12:00
- 6&7 Hold (6), step R next to L (&), step L to L side (7) 12:00
- &8 Clap hands (&), clap hands (8) \* restart here on wall 5, facing 12:00 12:00

**[33 - 40] & L side rock, L sailor step with  $\frac{1}{4}$  L, R touch & heel &, R cross shuffle**

- &1 - 2 Step R next to L (&), rock L to L side (1), recover on R (2) 12:00
- 3&4 Cross L behind R (3), turn  $\frac{1}{4}$  L stepping R next to L (&), step L a small step fw (4) 9:00
- 5&6& Touch R toes next to L (5), step back on R (&), touch L heel fwd (6), step L next to R (&) 9:00
- 7&8 Cross R over L (7), step L to L side (&), cross R over L (8) 9:00

**[41 - 48] Hip rocks L and R with L knee pop, L chasse, R back rock,  $\frac{1}{4}$  R walking R L**

- 1 - 2 Rock L to L side pushing hips L (1), push hips to R side popping L knee R (2) 9:00
- 3&4 Step L to L side (3), step R next to L (&), step L to L side (4) 9:00
- 5 - 6 Rock back on R (5), recover on L starting to turn  $\frac{1}{4}$  R (6) 10:30
- 7 - 8 Complete  $\frac{1}{4}$  R walking fw on R (7), walk fw on L (8) 12:00

**[49 - 56] R heel grind, R coaster step, swivel heels R then L, shuffle L fwd**

- 1 - 2 Step fwd on R heel with toes to the L (1), grind heel towards R shifting weight back on L (2) 12:00
- 3&4 Step back on R (3), step L next to R (&), step fw on R (4) 12:00
- 5 - 6 Swivel both heels R turning body slightly L (5), swivel heels L and shifting weight fwd on R... (6) 12:00
- 7&8 Step fw on L (7), step R behind L (&), step fw on L (8) 12:00

**[57 - 64] Step  $\frac{1}{2}$  L, R shuffle fwd, step  $\frac{1}{2}$  R, shuffle  $\frac{1}{2}$  R**

- 1 - 2 Step fw on R (1), turn  $\frac{1}{2}$  L stepping onto L (2) 6:00
- 3&4 Step fw on R (3), step L behind R (&), step fw on R (4) 6:00
- 5 - 6 Step fw on L (5), turn  $\frac{1}{2}$  R stepping onto R (6) 12:00
- 7&8 Turn  $\frac{1}{4}$  R stepping L to L side (7), step R next to L (&), turn  $\frac{1}{4}$  R stepping back on L (8) 6:00

**Start again**

**Ending Do first 6 counts of wall 7 (facing 6:00), then step fw L spinning a fast  $\frac{1}{2}$  R to hit the last beat! (7) [12:00]**

**Step note! The steps in this dance have been choreographed to hit certain beats and lyrics.**

**During verse/chorus, from counts 1-24 you hit the lyrics in the music on counts 5&6&7.**

**During verse, from counts 33-64 you can make counts 2 and 6 strong/fast to focus on the lyrics.**

**During chorus, from counts 33-64 you can delay counts &4 and &8 to hit the beats.**

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