

# Knock Once

Choreography: Bill & Carol Goss  
Record: Knock Once (Flip of Sam) STAR 101  
Sequence: Introduction A B C A B B Ending  
Phase: 5  
Speed: 42  
Minidisk:

## **INTRODUCTION Wait Back to Back Man facing Reverse Both in a Press Line for 6 beats.**

Wait 6 beats; -, Swivel to Face;

### **PART A**

Sugar Push (6) Underarm Turn (6) Shadow Tuck and Spin (6) Left Side Pass (6)  
Half Whip (8) Back to the Side Breaks (8) Face Loop Sugar Push (6)  
Back To Toe Heel Swivels Four.... Tuck and Spin Ending (18)

### **PART B**

Cheek to Cheek (6) Sugar Swivel Back to Back and Hold.. Swivel to Face (8)  
Lady Around Man (8) Inside Whip (8)

### **PART C**

Left Side Pickup Pass (6) Turning Closed Basic with Spring (6)  
Fallaway Rock and Throwout (6) Underarm Tuck and Spin (6)  
Wrapped Whip (8) Underarm Turn to Tripple Traveller and Roll (18)  
Sugar Push (6) Whip Turn (8)

### **PART A**

Sugar Push (6) Underarm Turn (6) Shadow Tuck and Spin (6) Left Side Pass (6)  
Half Whip (8) Back to the Side Breaks (8) Face Loop Sugar Push (6)  
Back To Toe Heel Swivels Four.... Tuck and Spin Ending (18)

## **Over to PART B (Cheek to Cheek (6))**

## **PART B**

**Cheek to Cheek (6) Sugar Swivel Back to Back and Hold.. Swivel to Face (8)  
Lady Around Man (8) Inside Whip (8)**

**Cheek to Cheek (6) Sugar Swivel Back to Back and Hold.. Swivel to Face (8)  
Lady Around Man (8) Inside Whip (8)**

## **ENDING**

**Sugar Swivel Back to Back and Hold.**