

# You Knock Me Down

Choreographer: Niels Poulsen (Denmark)

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Type of dance: 64 counts, 2 walls.  
 Level: Intermediate  
 Music: **Hey you Beautiful** by Olly Murs. Track length: 3.08. BPM: 128 bpm. Buy on iTunes.  
 Intro: 16 counts from first drum beat in music (9 secs into track). Weight on L  
 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! ☺

Counts	Footwork	End facing
<b>1 – 8</b>	<b>R back rock, R shuffle fwd, L &amp; R heel switches, L rock fwd</b>	
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
<b>9 – 16</b>	<b>L back rock, shuffle ½ R, R coaster step, ball rock R fw</b>	
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
<b>17- 24</b>	<b>¼ side R, point L, ¼ L, ¼ L, L sailor heel, together, beginning of weave</b>	
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
<b>25 – 32</b>	<b>R sailor heel, together, jazz ¼ L with stomp, hold, ball step side, clap X 2</b>	
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 ¼ L stepping back on R (4), finish ¼ 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
<b>33 – 40</b>	<b>&amp; L side rock, L sailor step with ¼ L, R touch &amp; heel &amp;, R cross shuffle</b>	
&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 ¼ 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
<b>41 – 48</b>	<b>Hip rocks L and R with L knee pop, L chasse, R back rock, ¼ R walking R L</b>	
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 ¼ R (6)	10:30
7 – 8	Complete ¼ R walking fw on R (7), walk fw on L (8)	12:00
<b>49 – 56</b>	<b>R heel grind, R coaster step, swivel heels R then L, shuffle L fwd</b>	
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
<b>57 - 64</b>	<b>Step ½ L, R shuffle fwd, step ½ R, shuffle ½ R</b>	
1 – 2	Step fw on R (1), turn ½ 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 ½ R stepping onto R (6)	12:00
7&8	Turn ¼ R stepping L to L side (7), step R next to L (&), turn ¼ R stepping back on L (8)	6:00
	<b>Start again</b>	
<b>Ending</b>	Do first 6 counts of wall 7 (facing 6:00), then step fw L spinning a fast ½ R to hit the last beat! (7)	12:00
<b>Step note!</b>	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.	☺ ☺ ☺