

KNIGHT IN SHINING AMOUR

32 Count 4 wall Improver Level Line Dance

Choreographed by Rep Ghazali-Meaney, Scotland (2018)

Choreographed to Distress (Sending Out An S.O.S) by Big Ali (Feat. Shana P) (3.27min)

32 count intro start on vocal, available from iTunes and Amazon

01-08 R KICK OUT OUT, KNEE IN-¼ TURN, R COASTER, L FWD-R SCUFF

1&2 kick Right forward, step Right to Right side, step Left to Left side (shoulder apart)

3-4 twist Right knee in towards Left, twist Right knee out making ¼ turn Right (3)

5&6 step back Right, step Left together, step forward Left

7-8 step forward Left, scuff forward Right (3)

09-16 R SHUFFLE BACK, L SHUFFLE ½ TURN, SYNCOPATEP FWD ROCKS

1&2 step back Right, step Left together, step back Right

3&4 ¼ turn Left by stepping Left to Left side, step Right together, ¼ turn Left by stepping forward on Left (9)

5-6 rock forward Right, recover on Left

&7-8 step Right together, rock forward Left, recover on Right (9)

17-24 R & L TOE SWITCHES, & R TOUCH IN-R POINT OUT, R SAILOR ¼ TURN, L CROSS ROCK-RECOVER R

&1&2 step Left together, point Right toe to Right, step Right together, point Left toe to Left

&3-4 step Left together, touch Right together, point Right to Right side

5&6 ¼ turn Right step Right behind Left side, step Left to Left, step Right to Right side (12)

7-8 cross rock Left over Right, recover on Right (12)

25-32 L SWAY-R SWAY, ¾ TURN, L SLIDE-R TOG, L SHUFFLE FWD

1-2 sway Left to Left and looking over Left shoulder, sway Right to Right and looking over Right shoulder

3-4 ¼ turn Left by stepping forward on Left, ½ turn Left by stepping back on Right (3)

5-6 big step Left back and dragging Right next to Left, step Right beside Left

7&8 step forward Left, step Right together, step forward Left (3)