

Bend the Knee

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Dan Morrison (CAN) - May 2024

Music: Bend the Knee - Bruno Martini, IZA & Timbaland



Intro: 8 Counts, Start on Lyrics - EASY TAG, RESTART

RESTART: During Wall 4 (9 o'clock) Do the first 16 counts, replace 7&8 with the TAG, then start again.

Prissy Walk, Samba, Cross, Side, Behind-Side-Cross

1-2 Step R Slightly across L (1) Step L Slightly across R (2)
3&4 Step R over L (3) Step L side L (&) Step R side R (4)
5-6 Step L over R (5) Step R side R (6)
7&8 Step L behind R (7) Step R side R (&) Step L over R (8)

Rocking-Chair, Scissor, 1/4-1/4-Cross

1-2 Step R forward (1) Recover onto L (2)
3-4 Step R back (3) Recover onto L (4)
5&6 Step R forward (5) Step L beside R (&) Step R over L (6)
7&8 1/4 turn R, Step L back (7) 1/4 turn R, Step R side R (&) Step L over R (8)

RESTART: Do the TAG then start again.

Rock-Recover, Sailor, 1/4 Sailor, Hitch-Ball-Step

1-2 Step R side R (1) Recover onto L (2)
3&4 Step R behind L (3) Step L beside R (&) Step R side R (4)
5&6 Step L behind R (5) 1/4 turn L, Step R beside L (&) Step L forward (6)
7&8 Hitch R knee forward (7) Step R back (&) Step L forward (8)

Vaudeville (forward motion), Cross-Box

1&2 Step R over L (1) Step L side L (&) Touch R forward (2)
&3&4 Step R forward (&) Step L over R (3) Step R side R (&) Touch L forward (4)
&5-6 Step L forward (&) Step R over L (5) Step L back (6)
7-8 Step R side R (7) Step L beside R (8)

TAG: Step, Touch

7-8 Step L side L (7) Touch R beside L (8)

HAVE FUN AND ENJOY