

On My Knees

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Jacob Ballard (USA) - January 2014

Music: Only You - Ellie Goulding



Begin dance when main beat comes in on the words "only you"

WALK, ROCK AND $\frac{1}{2}$, $\frac{1}{4}$, BACK ROCK, SIDE ROCK, WEAVE

- 1-2 step right forward, step left forward
- 3&4 rock forward onto right, recover, turn $\frac{1}{2}$ right stepping forward onto right
- 5 turn $\frac{1}{4}$ right stepping left to side
- 6&7& back cross rock right behind left, recover, rock right to side, recover
- 8&1 cross right over left, step left to side, cross right behind left

$\frac{1}{4}$ FORWARD, STEP, $\frac{1}{2}$, $\frac{1}{4}$, CROSS, $\frac{1}{4}$ ROCK, $\frac{1}{8}$, CROSS, $\frac{1}{4}$, BACK

- 2 turn $\frac{1}{4}$ left stepping forward onto left
- 3&4 step forward onto right, pivot $\frac{1}{2}$ left, turn $\frac{1}{4}$ left stepping right to side
- 5-6-7 cross left over right, turn $\frac{1}{4}$ right rocking forward onto right, recover
- &8 turn $\frac{1}{8}$ right stepping right to side (1:30), cross left over right
- &1 turn $\frac{1}{4}$ left stepping back on right (11:30), step left back

BACK, $\frac{1}{4}$ WALK, $\frac{1}{2}$, COASTER STEP, CROSS

- 2-3-4 step right back, turn $\frac{1}{4}$ left stepping forward onto left (7:30), step right forward
- 5 turn $\frac{1}{2}$ right stepping back on left (1:30)
- 6&7-8 right coaster step: step right back, step left together, step right forward, cross left over right

SIDE ROCK WITH $\frac{1}{4}$, TRIPLE FULL TURN, CROSS WITH $\frac{1}{8}$, BACK, COASTER STEP

- 1-2 rock right to side, recover to left making $\frac{1}{4}$ turn left (11:30)
- 3&4 turn $\frac{1}{2}$ left stepping back on right, turn $\frac{1}{2}$ left stepping forward on left, step right forward
- 5-6 turn $\frac{1}{8}$ left crossing left over right (9:00), step right back
- 7&8 left coaster step: step left back, step right together, step left forward

REPEAT

TAG: Happens at the end of walls 5 and 8

- 1&2& step right to side, step left to side, step right together, cross left over right
- 3-4 point right to side and look right, hold position and look forward