

# On My Knees

**Compte:** 32

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Michelle Webb (UK) & Craig Cooke (UK)

**Musique:** On My Knees - The 411



## **STEP ½ PIVOT STEP, ROCK & CROSS, RIGHT CHASSE, ROCK & STEP**

- 1&2 Step forward onto right foot, pivot ½ turn left & step forward onto right foot
- 3&4 Rock left foot out to left side, recover onto right & cross left over right
- 5&6 Step right to right side, step left next to right, step right to right side
- 7&8 Rock back onto left foot recover onto right foot & step left to left side

## **WEAVE TO LEFT, TOUCHES, CROSS SHUFFLE, FULL MONTEREY TURN**

- 1&2 Step right behind left, step left to left side, cross right foot over left
- 3&4 Touch left out to left side, touch left next to right, touch left to left side
- 5&6 Step left over right, step right to right side, cross step left foot over right
- 7-8 Point right out to right side, turn full turn over right shoulder, touching right in place

## **SIDE ROCK & CROSS, TOUCH HITCH ¼ TURN, SHUFFLE ½ TURN, ROCK & STEP**

- 1&2 Rock left out to left side, recover onto right & cross left over right
- 3&4 Touch right next to left, hitch right knee up, turn ¼ turn right stepping right foot forward
- 5&6 Make a shuffle ½ turn to the right stepping left right left
- 7&8 Rock back onto right foot, recover onto left & step right foot forward

## **STEP ½ PIVOT STEP, POINTS, HEEL SWITCHES, MAMBO & TOUCH**

- 1&2 Step left foot forward, pivot ½ turn right & step left foot forward
- 3&4 Point right to right side step right in place & point left to left side
- & Bring left in place
- 5&6 Place right heel forward, bring right in place & put left heel forward
- & Bring left foot in place
- 7&8 Rock right foot forward, recover onto left & touch right next to left

## **REPEAT**

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