

# On My Knees

Compte: 32

Mur: 4

Niveau: Intermediate

Chorégraphe: Jacob Ballard (USA) - January 2014

Musique: Only You - Ellie Goulding



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

## WALK, ROCK AND ½, ¼, BACK ROCK, SIDE ROCK, WEAVE

- 1-2 step right forward, step left forward
- 3&4 rock forward onto right, recover, turn ½ right stepping forward onto right
- 5 turn ¼ 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

## ¼ FORWARD, STEP, ½, ¼, CROSS, ¼ ROCK, 1/8, CROSS, 1/4, BACK

- 2 turn ¼ left stepping forward onto left
- 3&4 step forward onto right, pivot ½ left, turn ¼ left stepping right to side
- 5-6-7 cross left over right, turn ¼ right rocking forward onto right, recover
- &8 turn 1/8 right stepping right to side (1:30), cross left over right
- &1 turn ¼ left stepping back on right (11:30), step left back

## BACK, ¼ WALK, ½, COASTER STEP, CROSS

- 2-3-4 step right back, turn ¼ left stepping forward onto left (7:30), step right forward
- 5 turn ½ 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 ¼, TRIPLE FULL TURN, CROSS WITH 1/8, BACK, COASTER STEP

- 1-2 rock right to side, recover to left making ¼ turn left (11:30)
- 3&4 turn ½ left stepping back on right, turn ½ left stepping forward on left, step right forward
- 5-6 turn 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
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