

Down On My Knees

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Gary Samms (UK) - October 2014
音乐: Oh Cecilia (Breaking My Heart) - The Vamps



Section 1: Walk, Walk, Forward Mambo, Walk, Walk, Forward Rock Touch

1-2 Walk forward left, right.
3&4 Rock forward onto left, recover weight onto right, close left next to right.
5-6 Walk forward right, left.
7&8 Rock forward onto right, recover weight onto left, touch right next to left.

Section 2: Shuffle Back, Coaster Step, Kick-Ball Touch, Ball Cross Shuffle

1&2 Shuffle back right, left right.
3&4 Step back onto left, close right next to left, step left forward.
5&6 Kick right forward, close right next to left, point left to left side.
& Step on ball of left
7&8 Cross right over left, close left next to right, cross right over left.

Section 3: Side Mambo x2, Applejacks, Touch

1&2 Rock left out to left side, recover weight onto right, close left next to right.
3&4 Rock right out to right side, recover weight onto left, close right next to left.
5&6& Twist right toe and left heel to right, recover back to centre, twist left toe and right heel to left, recover back to centre.
7&8 Twist right toe and left heel to right, recover back to centre, touch right next to left.

(Alternative to Applejacks – Twist heels, right, left, right, centre.)

Section 4: ¾ Turn Walks, Right Lock, Left Lock, Touch

1-4 Making a ¾ turn right walk right, left, right, left.
5&6 Step right forward, lock left behind right, step right forward.
&7& Step left forward, lock right behind left, step left forward.
8 Touch right next to left.

Section 5: Forward Mambo, Back Mambo, Walk, Walk, Step Turn Step

1&2 Rock forward onto right, recover weight onto left, close right next to left.
3&4 Rock back onto left, recover weight onto right, close left next to right.
5-6 Walk forward right, left.
7&8 Step forward onto right, pivot ½ turn over left shoulder, step forward onto right.

Section 6: Forward Mambo, Back Mambo, Walk, Walk, Step Turn Touch

1&2 Rock forward onto left, recover weight onto right, close left next to right.
3&4 Rock back onto right, recover weight onto left, close right next to left.
5-6 Walk forward left, right.
7&8 Step forward onto left, pivot ½ turn over right shoulder, touch left next to right.

Section 7: Vaudevilles x2, Cross, Brush, Hip Bumps

1&2& Cross left over right, step right to right side, dig left heel, step down on left.
3&4& Cross right over left, step left to left side, dig right heel, step down on right.
5-6 Cross left over right, brush right diagonally to right.
7&8 Step down onto right bumping the hips right, left, right.

Section 8: Sailor ¼ Turn, Walk, Walk, Brush Out Out, Close Touch, Clap

1&2 Cross left behind right, make ¼ turn left stepping right to right side, step left to left side.

3-4 Walk forward right, left.
5&6 Brush right forward, step right out to right side, step left out to left side.
&7 Close right, touch left next to right.
8 Clap

Restarts: Walls 2 and 4 both after 48 counts.

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