

On My Knees

拍数: 64 墙数: 4 级数: Improver
编舞者: Suzi Beau (ENG) - October 2021
音乐: Don't Break the Heart - Tom Grennan



Section 1: Side together Shuffle, Forward rock, Back Sweep

1 2 Step R to R side, Close Left to Right
3&4 Step forward on R, close L to R, Step Forward on R
5 6 Rock forward on L, Recover on R
7 8 Step back on L, Sweep R from front to back

Section 2: Back rock chasse, behind side, cross, sweep

1 2 Rock back on R, Recover on L
3&4 Step R to R side, Close L to R, Step R to R side
5 6 Step left behind R, Step R to R side
7 8 Cross L over R, Sweep R from back to front

Section 3: Cross rock side rock, behind ¼, ¼, behind

1 2 Cross rock R over L, Recover on L
3 4 Rock R to R side, Recover on L
5 6 Step R behind L, Turn ¼ L stepping forward L
7 8 Turn ¼ L stepping R to R side, Step L behind R

Section 4: Side hold, ball side rock, jazzbox ¼ cross

1 2 Step R to R side, Hold
&3,4 Close L to R, Rock R to R side, recover on L
5 6 Cross R over L, Step back on L
7 8 Turn ¼ R stepping R to R side, Cross L over R

Restart here on wall 1

Section 5: Chasse Back Rock, Vine cross,

1&2 Step R to R side, Close L to R, Step R to R side
3 4 Rock back on L, Recover on R
5 6 Step L to L side, Step R behind L
7 8 Step L to L side, Cross R over Left

Section 6: Kick ball cross side rock behind side shuffle

1&2 Kick L to L diagonal, Step on L, Cross R over L
3 4 Rock L to L side, recover on R
5 6 Step L behind R, Step R to R side
7&8 Shuffle forward stepping L,R,L

Section 7: Shuffle, Pivot ½ Shuffle Full turn

1&2 Shuffle forward stepping R,L,R
3,4 Step forward on L, pivot ½ R
5&6 Shuffle forward stepping L,R, L
7 8 Full turn L stepping back on R, forward on L (optional Walk forward R, L)

Section 8: Step sweep Step Sweep Rocking chair

1 2 Step forward on R, Sweep L
3,4 step forward on L, Sweep R
5 6 Rock forward on R, recover L

7 8 Rock back on R, recover L

TAG: 8 Count Tag at the end of wall 3, (Rumba Box) (3:00)

1-4 Step R to R side, Close Left to Right, Step forward R, Touch Left by R

5-8 Step L to L side, Close Right to Left, Step back L, touch R by L
