

# Bend the Knee

COPPER KNOB  
STEPPERS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Dan Morrison (CAN) - May 2024  
音乐: Bend the Knee - Bruno Martini, IZA & Timbaland



**Intro: 8 Counts, Start on Lyrics - EASY TAG, RESTART**

**RESTART: During Wall 4 (9 o'clock) Do the first 16 counts, replace 7&8 with the TAG, then start again.**

## **Prissy Walk, Samba, Cross, Side, Behind-Side-Cross**

1-2            Step R Slightly across L (1) Step L Slightly across R (2)  
3&4           Step R over L (3) Step L side L (&) Step R side R (4)  
5-6           Step L over R (5) Step R side R (6)  
7&8           Step L behind R (7) Step R side R (&) Step L over R (8)

## **Rocking-Chair, Scissor, 1/4-1/4-Cross**

1-2            Step R forward (1) Recover onto L (2)  
3-4            Step R back (3) Recover onto L (4)  
5&6           Step R forward (5) Step L beside R (&) Step R over L (6)  
7&8            1/4 turn R, Step L back (7) 1/4 turn R, Step R side R (&) Step L over R (8)

**RESTART: Do the TAG then start again.**

## **Rock-Recover, Sailor, 1/4 Sailor, Hitch-Ball-Step**

1-2            Step R side R (1) Recover onto L (2)  
3&4            Step R behind L (3) Step L beside R (&) Step R side R (4)  
5&6            Step L behind R (5) 1/4 turn L, Step R beside L (&) Step L forward (6)  
7&8            Hitch R knee forward (7) Step R back (&) Step L forward (8)

## **Vaudeville (forward motion), Cross-Box**

1&2            Step R over L (1) Step L side L (&) Touch R forward (2)  
&3&4          Step R forward (&) Step L over R (3) Step R side R (&) Touch L forward (4)  
&5-6          Step L forward (&) Step R over L (5) Step L back (6)  
7-8            Step R side R (7) Step L beside R (8)

## **TAG: Step, Touch**

7-8            Step L side L (7) Touch R beside L (8)

**HAVE FUN AND ENJOY**