

# On My Knees

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Jan Whitson (UK)  
音乐: Like A Prayer - Celine Dion



## RIGHT SIDE, DRAG, LEFT CHASSE, CROSS, HOLD, CROSS SHUFFLE

1-2            Slide right long step to right, drag left in count 1  
**Right arm is stretched to right side above head, left arm stretched out to left side, both arms away from body**  
3&4            Left side shuffle, left, right, left  
5-6            Cross step right over left, hold  
&7&8          Step left to left, cross right over, step left to left, cross right over

## UNWIND ½ LEFT, STEP RIGHT, LEFT LOCK LEFT, RIGHT ROCK, ¾ RIGHT SHUFFLE TURN

1-2            Unwind ½ turn left(weight left)step right forward(facing left diagonal)  
3&4            Step left forward, step lock right behind, step left forward  
5-6            Rock forward on right, recover on left  
7&8            ¾ shuffle turn right, right, left, right

## LEFT & RIGHT HEEL JACKS, LEFT CROSS SHUFFLE, RIGHT SIDE ROCK

1&2&          Cross left over right, step right back, touch left heel forward, step left in place  
3&4&          Cross right over left, step left back, touch right heel forward, step right in place  
5&6            Cross left over right, step right to right, cross left over right  
7-8            Rock right out to right, recover weight on left

## RIGHT SAILOR STEP, LEFT SAILOR ¼ LEFT, ½ LEFT, ¼ LEFT, RIGHT SIDE ROCK

1&2            Step right behind left, step left in place, step right to right side  
3&4            Step left behind right, step right in place, step left ¼ turn left  
5-6            On left turn ½ left stepping right back, on right turn ¼ left step left forward  
7-8            Rock right across left, recover weight on left

## REPEAT

## SUGGESTION:

After 8 walls (3 min, 10 sec) stop the music

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