

# Down On My Knees

COPPERKNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Gary Samms (UK) - October 2014  
音樂: 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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