

On Bended Knee

拍數: 32 牆數: 4 級數: High Improver
編舞者: Rika Djamhari (INA) - September 2021
音樂: On Bended Knee - Boyz II Men



****2 Tag & Restarts**

***1 Restart**

(See NOTE at bottom of page for detailed description of Tag and Restarts)

Intro: 20 Counts

S1. FORWARD ROCK, BACK, BACK, 1/4 TURN LEFT FORWARD, FORWARD, 1/2 TURN PIVOT TO LEFT, FORWARD, FULL TURN TO RIGHT, FORWARD

- 1-2. Big Step LF Forward with bend your left knee, recover on R with drag LF near RF.
- 3&4. Step LF backward, step RF backward, 1/4 turn to left and step LF Forward. (9:00)
- 5&6. Step RF Forward, 1/2 turn to left and step LF in place, step RF Forward. (3:00)
- 7&8. 1/2 turn to right and step LF back, 1/2 turn to right and step RF Forward, step LF Forward.

S2. BASIC NIGHT CLUB, SIDE, BEHIND, SIDE, CLOSE, CROSS UNWIND 3/4 TURN RIGHT, COASTER STEP

- 1-2&. Step RF to right side, step LF cross behind R, step RF in place.
- 3-4&. Step LF to left side, step RF behind L, step LF to left side
- 5&6. Close RF next to L, Cross step LF over RF, 3/4 turn to R weight on L. (12:00)
- 7&8. Step RF backward, step LF together, step RF Forward

S3. WALK FORWARD DIAGONALLY LEFT (L/R), 3/8 TURN SAILOR CROSS ROCK, CLOSE, FORWARD, FULL TURN TO RIGHT, SIDE

- 1-2. 1/8 turn to left and step LF Forward, step RF Forward. (10.30)
- 3&4. 3/8 turn to left and step LF cross behind R with sweep LF from front to back, step RF to right side, cross step LF over R (6:00)
- 5&6. Recover on R, step LF next to R, step RF Forward.
- 7&8. 1/2 turn to right and step LF back, 1/2 turn to right and step RF Forward, step LF to left side.

S4. BACKWARD, BACK WITH SWEEP, COASTER STEP, CLOSE, SIDE, 1/4 TURN LEFT FORWARD, FULL TURN, FORWARD

- 1-2. Step RF backward, step LF back with sweep LF from front to back.
- 3&-4&. Step RF back with sweep RF from front to back, step LF next to R, step RF Forward, close LF next to R.
- 5-6. Big step RF to right side with bend your R knee, 1/4 turn to left and step LF Forward.
- 7&8. 1/2 turn to left and step RF back, 1/2 turn to left and step LF Forward, step RF Forward. (3:00)

Start Again.

NOTE:

* Tag and Restart on wall 3 after 16 Counts (facing 6:00)

** Tag and Restart on wall 6 after 16 Counts (facing 12:00)

TAG (2 Counts): SWAY L/R

- 1-2. Step LF to left side and sway to left, sway to right

*** Restart on Wall 8 after 16 Counts (facing 3:00)

Enjoy the dance!

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