

On My Knees

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Chiloni Huffman (USA) - August 2024
音樂: On My Knees - The Red Clay Strays



No tag or restart

No intro

{1-8} DIAG TOE STRUT R,L, SCISSOR STEP R,L TOE STRUT BACK, OUT, OUT

1&2&3&4 RF fwd diag toe dig 2:00 (1), Heel drop (&), LF fwd diag toe dig (2), Heel drop (&), RF to R side (3), LF TOG w/RF (&), RF fwd cross over LF, turn to 10:00 (4)

5&6&7&8 FF fwd diag toe dig 10:00 (1), Heel drop (&), RF fwd diag toe dig (2), Heel drop (&), LF to L side (3), RF TOG w/LF (&), LF fwd cross over RF, face 12:00 (4)

Arms Option: Arm up hand shimmy on 1&2& and 5&6

{9-16} TOE STRUT R, L, OUT OUT STEP ½ PIVOT STEP ½ PIVOT

1&2&3,4 RF back toe dig (1), Heel drop (&), LF back toe dig (2), Heel drop (&), RF to R side (3), LF to L side (4)

5,6,7,8 RF fwd (5), ½ turn L (6), RF fwd (7), ½ turn L (8)

{17-24} FULL TRIPLE TURN, MAMBO FWD, COASTER

1&2,3&4 Step fwd R ¼ turn L(1), LF TOG w/RF (&), ¼ turn L, RF back (2), ¼ turn L (3), RF TOG w/LF (&), ¼ turn L, LF fwd (4)

5&6,7&8 Step fwd RF (5), Recover on LF (&) RF TOG w/LF (6), LF back (7), RF TOG w/LF (&), LF fwd (8)

Arms Option: Pump up on 1&2, 3&4

{25-32} V STEP, CHARLSTON, ¼ TURN L

1,2,3,4 RF to R (1), LF to L (2), RF in (3), LF in (4)

5,6,7,8 RF fwd touch (5), RF back TOG w/L (6), LF touch back (7), LF fwd ¼ turn L (8)

Arms Option: Arms up, up, out, out, down, down

End Option:

Last 16 counts slows down, but keep finishing the dance. Step forward RF crossing over LF arms out to the side