

# On My Knees

拍數: 64      牆數: 2      級數: Improver  
編舞者: Tina Parker Taylor  
音樂: On My Knees - Charlie Rich & Janie Fricke



## STEP POINT (4), SHUFFLE, COASTER STEP

1-2            Step right forward point touch left toe to left side  
3-4            Step left forward point touch right toe to right side  
5-8            Repeat steps 1- 4  
9&10          Shuffle on ½ turn left right left right  
11&12         Step left back, bring right foot beside left, step left forward

## STEP POINT (4), SHUFFLE, COASTER STEP

13-24         Repeat steps 1-12

## STOMP RIGHT LEFT, HIP SWAYS

25-26         Stomp right foot and hold  
27-28         Stomp left foot and hold  
29-32         Sway right left right left (done in figure 8 motion)

## RIGHT SAILOR SHUFFLE, BEHIND CROSS STEP TWICE

33            Step right behind left foot  
&34           Step left on ball of left foot to left side push off to step on right foot to right side  
35-36         Step left behind right step on right to right side  
37            Step left behind right foot  
&38           Step right on ball of right foot to right side push off to step on left foot to left side  
39-40         Step right behind left step on left to left side

## STEP HOLD TWICE, SHUFFLE ½ TURN TWICE

41-42         Step right foot forward and hold  
43-44         Step left foot forward and hold  
45&46         Shuffle right left right turning ½ turn left  
47&48         Shuffle left right left turning ½ turn left  
49-50         Step right backward and hold  
51-52         Step left backward and hold  
53&54         Shuffle right left right turning ½ turn right  
55&56         Shuffle left right left turning ½ turn right

## STOMP RIGHT HOLD, STOMP LEFT HOLD, CROSS ½ TURN RIGHT

57-58         Stomp right foot to right side and hold  
59-60         Stomp left foot to left side and hold  
61-64         Cross right over left and bending knees turning ½ turn right slowly

## REPEAT

## RESTART

On the the 3rd wall, dance only counts 1-33, then start over at the beginning.