

On My Knees

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Michelle Webb (UK) & Craig Cooke (UK)
音樂: On My Knees - The 411



STEP ½ PIVOT STEP, ROCK & CROSS, RIGHT CHASSE, ROCK & STEP

1&2 Step forward onto right foot, pivot ½ turn left & step forward onto right foot
3&4 Rock left foot out to left side, recover onto right & cross left over right
5&6 Step right to right side, step left next to right, step right to right side
7&8 Rock back onto left foot recover onto right foot & step left to left side

WEAVE TO LEFT, TOUCHES, CROSS SHUFFLE, FULL MONTEREY TURN

1&2 Step right behind left, step left to left side, cross right foot over left
3&4 Touch left out to left side, touch left next to right, touch left to left side
5&6 Step left over right, step right to right side, cross step left foot over right
7-8 Point right out to right side, turn full turn over right shoulder, touching right in place

SIDE ROCK & CROSS, TOUCH HITCH ¼ TURN, SHUFFLE ½ TURN, ROCK & STEP

1&2 Rock left out to left side, recover onto right & cross left over right
3&4 Touch right next to left, hitch right knee up, turn ¼ turn right stepping right foot forward
5&6 Make a shuffle ½ turn to the right stepping left right left
7&8 Rock back onto right foot, recover onto left & step right foot forward

STEP ½ PIVOT STEP, POINTS, HEEL SWITCHES, MAMBO & TOUCH

1&2 Step left foot forward, pivot ½ turn right & step left foot forward
3&4 Point right to right side step right in place & point left to left side
& Bring left in place
5&6 Place right heel forward, bring right in place & put left heel forward
& Bring left foot in place
7&8 Rock right foot forward, recover onto left & touch right next to left

REPEAT
