

On My Knees

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jan Whitson (UK)
音樂: Like A Prayer - Celine Dion



RIGHT SIDE, DRAG, LEFT CHASSE, CROSS, HOLD, CROSS SHUFFLE

1-2 Slide right long step to right, drag left in count 1
Right arm is stretched to right side above head, left arm stretched out to left side, both arms away from body
3&4 Left side shuffle, left, right, left
5-6 Cross step right over left, hold
&7&8 Step left to left, cross right over, step left to left, cross right over

UNWIND ½ LEFT, STEP RIGHT, LEFT LOCK LEFT, RIGHT ROCK, ¾ RIGHT SHUFFLE TURN

1-2 Unwind ½ turn left(weight left)step right forward(facing left diagonal)
3&4 Step left forward, step lock right behind, step left forward
5-6 Rock forward on right, recover on left
7&8 ¾ shuffle turn right, right, left, right

LEFT & RIGHT HEEL JACKS, LEFT CROSS SHUFFLE, RIGHT SIDE ROCK

1&2& Cross left over right, step right back, touch left heel forward, step left in place
3&4& Cross right over left, step left back, touch right heel forward, step right in place
5&6 Cross left over right, step right to right, cross left over right
7-8 Rock right out to right, recover weight on left

RIGHT SAILOR STEP, LEFT SAILOR ¼ LEFT, ½ LEFT, ¼ LEFT, RIGHT SIDE ROCK

1&2 Step right behind left, step left in place, step right to right side
3&4 Step left behind right, step right in place, step left ¼ turn left
5-6 On left turn ½ left stepping right back, on right turn ¼ left step left forward
7-8 Rock right across left, recover weight on left

REPEAT

SUGGESTION:

After 8 walls (3 min, 10 sec) stop the music
