

On My Knees

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jacob Ballard (USA) - January 2014
音樂: Only You - Ellie Goulding



Begin dance when main beat comes in on the words "only you"

WALK, ROCK AND ½, ¼, BACK ROCK, SIDE ROCK, WEAVE

1-2 step right forward, step left forward
3&4 rock forward onto right, recover, turn ½ right stepping forward onto right
5 turn ¼ right stepping left to side
6&7& back cross rock right behind left, recover, rock right to side, recover
8&1 cross right over left, step left to side, cross right behind left

¼ FORWARD, STEP, ½, ¼, CROSS, ¼ ROCK, 1/8, CROSS, 1/4, BACK

2 turn ¼ left stepping forward onto left
3&4 step forward onto right, pivot ½ left, turn ¼ left stepping right to side
5-6-7 cross left over right, turn ¼ right rocking forward onto right, recover
&8 turn 1/8 right stepping right to side (1:30), cross left over right
&1 turn ¼ left stepping back on right (11:30), step left back

BACK, ¼ WALK, ½, COASTER STEP, CROSS

2-3-4 step right back, turn ¼ left stepping forward onto left (7:30), step right forward
5 turn ½ right stepping back on left (1:30)
6&7-8 right coaster step: step right back, step left together, step right forward, cross left over right

SIDE ROCK WITH ¼, TRIPLE FULL TURN, CROSS WITH 1/8, BACK, COASTER STEP

1-2 rock right to side, recover to left making ¼ turn left (11:30)
3&4 turn ½ left stepping back on right, turn ½ left stepping forward on left, step right forward
5-6 turn 1/8 left crossing left over right (9:00), step right back
7&8 left coaster step: step left back, step right together, step left forward

REPEAT

TAG: Happens at the end of walls 5 and 8

1&2& step right to side, step left to side, step right together, cross left over right
3-4 point right to side and look right, hold position and look forward