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| On Bended Knee |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | High Improver | . |
| **Choreographer:** | Rika Djamhari (INA) - September 2021 |
| **Music:** | On Bended Knee - Boyz II Men |
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**\*\*2 Tag & Restarts**

**\*1 Restart**

**(See NOTE at bottom of page for detailed description of Tag and Restarts)**

**Intro: 20 Counts**

**S1. FORWARD ROCK, BACK, BACK, 1/4 TURN LEFT FORWARD, FORWARD, 1/2 TURN PIVOT TO LEFT, FORWARD, FULL TURN TO RIGHT, FORWARD**

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| 1-2. | Big Step LF Forward with bend your left knee, recover on R with drag LF near RF. |

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| 3&4. | Step LF backward, step RF backward, 1/4 turn to left and step LF Forward. (9:00) |

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| 5&6. | Step RF Forward, 1/2 turn to left and step LF in place, step RF Forward. (3:00) |

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| 7&8. | 1/2 turn to right and step LF back, 1/2 turn to right and step RF Forward, step LF Forward. |

**S2. BASIC NIGHT CLUB, SIDE, BEHIND, SIDE, CLOSE, CROSS UNWIND 3/4 TURN RIGHT, COASTER STEP**

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| 1-2&. | Step RF to right side, step LF cross behind R, step RF in place. |

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| 3-4&. | Step LF to left side, step RF behind L, step LF to left side |

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| 5&6. | Close RF next to L, Cross step LF over RF, 3/4 turn to R weight on L. (12:00) |

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| 7&8. | Step RF backward, step LF together, step RF Forward |

**S3. WALK FORWARD DIAGONALLY LEFT (L/R), 3/8 TURN SAILOR CROSS ROCK, CLOSE, FORWARD, FULL TURN TO RIGHT, SIDE**

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| 1-2. | 1/8 turn to left and step LF Forward, step RF Forward. (10.30) |

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| 3&4. | 3/8 turn to left and step LF cross behind R with sweep LF from front to back, step RF to right side, cross step LF over R (6:00) |

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| 5&6. | Recover on R, step LF next to R, step RF Forward. |

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| 7&8. | 1/2 turn to right and step LF back, 1/2 turn to right and step RF Forward, step LF to left side. |

**S4. BACKWARD, BACK WITH SWEEP, COASTER STEP, CLOSE, SIDE, 1/4 TURN LEFT FORWARD, FULL TURN, FORWARD**

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| 1-2. | Step RF backward, step LF back with sweep LF from front to back. |

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| 3&-4&. | Step RF back with sweep RF from front to back, step LF next to R, step RF Forward, close LF next to R. |

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| 5-6. | Big step RF to right side with bend your R knee, 1/4 turn to left and step LF Forward. |

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| 7&8. | 1/2 turn to left and step RF back, 1/2 turn to left and step LF Forward, step RF Forward. (3:00) |

**Start Again.**

**NOTE:**

**\* Tag and Restart on wall 3 after 16 Counts ( facing 6:00)**

**\*\* Tag and Restart on wall 6 after 16 Counts ( facing 12:00)**

**TAG (2 Counts): SWAY L/R**

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| 1-2. | Step LF to left side and sway to left, sway to right |

**\*\*\* Restart on Wall 8 after 16 Counts (facing 3:00)**

**Enjoy the dance!**

**Contact: rika.djamharie@gmail.com**