

On My Knees

COPPER KNOB
STEPPERS

拍数: 64 墙数: 2 级数: Improver
编舞者: Tina Parker Taylor
音乐: 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.