

ON MY KNEES

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Count: 64

Wall: 2

Level: beginner/intermediate

Choreographer: Tina Parker Taylor

Music: On My Knees by 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.