

# On My Knees

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Jacob Ballard (Jan 2014)

**Music:** "Only You" by Ellie Goulding

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

**WALK, ROCK AND  $\frac{1}{2}$ ,  $\frac{1}{4}$ , BACK ROCK, SIDE ROCK, WEAVE**

**1-2step right forward, step left forward**

**3&4rock forward onto right, recover, turn  $\frac{1}{2}$  right stepping forward onto right**

**5turn  $\frac{1}{4}$  right stepping left to side**

**6&7&back cross rock right behind left, recover, rock right to side, recover**

**8&1cross right over left, step left to side, cross right behind left**

**$\frac{1}{4}$  FORWARD, STEP,  $\frac{1}{2}$ ,  $\frac{1}{4}$ , CROSS,  $\frac{1}{4}$  ROCK,  $\frac{1}{8}$ , CROSS,  $\frac{1}{4}$ , BACK**

**2turn  $\frac{1}{4}$  left stepping forward onto left**

**3&4step forward onto right, pivot  $\frac{1}{2}$  left, turn  $\frac{1}{4}$  left stepping right to side**

**5-6-7cross left over right, turn  $\frac{1}{4}$  right rocking forward onto right, recover**

**&8turn  $\frac{1}{8}$  right stepping right to side (1:30), cross left over right**

**&1turn  $\frac{1}{4}$  left stepping back on right (11:30), step left back**

**BACK,  $\frac{1}{4}$  WALK,  $\frac{1}{2}$ , COASTER STEP, CROSS**

**2-3-4step right back, turn  $\frac{1}{4}$  left stepping forward onto left (7:30), step right forward**

**5turn  $\frac{1}{2}$  right stepping back on left (1:30)**

**6&7-8right coaster step: step right back, step left together, step right forward, cross left over right**

**SIDE ROCK WITH  $\frac{1}{4}$ , TRIPLE FULL TURN, CROSS WITH  $\frac{1}{8}$ , BACK, COASTER STEP**

**1-2 rock right to side, recover to left making  $\frac{1}{4}$  turn left (11:30)**

**3&4 turn  $\frac{1}{2}$  left stepping back on right, turn  $\frac{1}{2}$  left stepping forward on left, step right forward**

**5-6 turn  $\frac{1}{8}$  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**