

# Down On My Knees

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**Count:** 64

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Gary Samms - Oct 2014

**Music:** Oh Cecilia (Breaking My Heart) - The Vamps [Meet The Vamps]

## Section 1: Walk, Walk, Forward Mambo, Walk, Walk, Forward Rock Touch

- 1-2 Walk forward left, right.
- 3&4 Rock forward onto left, recover weight onto right, close left next to right.
- 5-6 Walk forward right, left.
- 7&8 Rock forward onto right, recover weight onto left, touch right next to left.

## Section 2: Shuffle Back, Coaster Step, Kick-Ball Touch, Ball Cross Shuffle

- 1&2 Shuffle back right, left right.
- 3&4 Step back onto left, close right next to left, step left forward.
- 5&6 Kick right forward, close right next to left, point left to left side.
- & Step on ball of left
- 7&8 Cross right over left, close left next to right, cross right over left.

## Section 3: Side Mambo x2, Applejacks, Touch

- 1&2 Rock left out to left side, recover weight onto right, close left next to right.
- 3&4 Rock right out to right side, recover weight onto left, close right next to left.
- 5&6& Twist right toe and left heel to right, recover back to centre, twist left toe and right heel to left, recover back to centre.
- 7&8 Twist right toe and left heel to right, recover back to centre, touch right next to left.

**(Alternative to Applejacks - Twist heels, right, left, right, centre.)**

## Section 4: $\frac{3}{4}$ Turn Walks, Right Lock, Left Lock, Touch

- 1-4 Making a  $\frac{3}{4}$  turn right walk right, left, right, left.
- 5&6 Step right forward, lock left behind right, step right forward.
- &7& Step left forward, lock right behind left, step left forward.
- 8 Touch right next to left.

## Section 5: Forward Mambo, Back Mambo, Walk, Walk, Step Turn Step

- 1&2** Rock forward onto right, recover weight onto left, close right next to left.
- 3&4** Rock back onto left, recover weight onto right, close left next to right.
- 5-6** Walk forward right, left.
- 7&8** Step forward onto right, pivot  $\frac{1}{2}$  turn over left shoulder, step forward onto right.

### **Section 6: Forward Mambo, Back Mambo, Walk, Walk, Step Turn Touch**

- 1&2** Rock forward onto left, recover weight onto right, close left next to right.
- 3&4** Rock back onto right, recover weight onto left, close right next to left.
- 5-6** Walk forward left, right.
- 7&8** Step forward onto left, pivot  $\frac{1}{2}$  turn over right shoulder, touch left next to right.

### **Section 7: Vaudevilles x2, Cross, Brush, Hip Bumps**

- 1&2&** Cross left over right, step right to right side, dig left heel, step down on left.
- 3&4&** Cross right over left, step left to left side, dig right heel, step down on right.
- 5-6** Cross left over right, brush right diagonally to right.
- 7&8** Step down onto right bumping the hips right, left, right.

### **Section 8: Sailor $\frac{1}{4}$ Turn, Walk, Walk, Brush Out Out, Close Touch, Clap**

- 1&2** Cross left behind right, make  $\frac{1}{4}$  turn left stepping right to right side, step left to left side.
- 3-4** Walk forward right, left.
- 5&6** Brush right forward, step right out to right side, step left out to left side.
- &7** Close right, touch left next to right.
- 8** Clap

**Restarts: Walls 2 and 4 both after 48 counts.**

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