

ON MY KNEES

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Count: 32

Wall: 4

Level: intermediate

Choreographer: Michelle Webb & Craig Cooke

Music: On My Knees by The 411

STEP ½ PIVOT STEP, ROCK & CROSS, RIGHT CHASSE, ROCK & STEP

- 1&2** Step forward onto right foot, pivot ½ turn left & step forward onto right foot
- 3&4** Rock left foot out to left side, recover onto right & cross left over right
- 5&6** Step right to right side, step left next to right, step right to right side
- 7&8** Rock back onto left foot recover onto right foot & step left to left side

WEAVE TO LEFT, TOUCHES, CROSS SHUFFLE, FULL MONTEREY TURN

- 1&2** Step right behind left, step left to left side, cross right foot over left
- 3&4** Touch left out to left side, touch left next to right, touch left to left side
- 5&6** Step left over right, step right to right side, cross step left foot over right
- 7-8** Point right out to right side, turn full turn over right shoulder, touching right in place

SIDE ROCK & CROSS, TOUCH HITCH ¼ TURN, SHUFFLE ½ TURN, ROCK & STEP

- 1&2** Rock left out to left side, recover onto right & cross left over right
- 3&4** Touch right next to left, hitch right knee up, turn ¼ turn right stepping right foot forward
- 5&6** Make a shuffle ½ turn to the right stepping left right left
- 7&8** Rock back onto right foot, recover onto left & step right foot forward

STEP ½ PIVOT STEP, POINTS, HEEL SWITCHES, MAMBO & TOUCH

- 1&2** Step left foot forward, pivot ½ turn right & step left foot forward
- 3&4** Point right to right side step right in place & point left to left side
- &** Bring left in place
- 5&6** Place right heel forward, bring right in place & put left heel forward
- &** Bring left foot in place
- 7&8** Rock right foot forward, recover onto left & touch right next to left

REPEAT