



Web site: www.linedancermagazine.com

E-mail: admin@linedancermagazine.com

On My Knees

32 count, 4 wall, beginner/intermediate level

Choreographer: Michelle Webb & Craig Cooke (UK)

June 2004

Choreographed to: On My Knees by The 411, Track 2
on single; Ain't life wonderful By Magill, From the Most
Wanted Album

Section 1: 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

Section 2: Weave to left, touches, Cross shuffle, full Monteray 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

Section 3: 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

Section 4: 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
-