

## On My Knees

32 Count, 4 Wall, Intermediate

Choreographer: Jacob Ballard (USA) Jan 2014

Choreographed to: Only You by Ellie Goulding

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

### **WALK, ROCK AND ½, ¼, BACK ROCK, SIDE ROCK, WEAVE**

- 1-2 step right forward, step left forward  
3&4 rock forward onto right, recover, turn ½ right stepping forward onto right  
5 turn ¼ right stepping left to side  
6&7& back cross rock right behind left, recover, rock right to side, recover  
8&1 cross right over left, step left to side, cross right behind left

### **¼ FORWARD, STEP, ½, ¼, CROSS, ¼ ROCK, 1/8, CROSS, 1/4, BACK**

- 2 turn ¼ left stepping forward onto left  
3&4 step forward onto right, pivot ½ left, turn ¼ left stepping right to side  
5-6-7 cross left over right, turn ¼ right rocking forward onto right, recover  
&8 turn 1/8 right stepping right to side (1:30), cross left over right  
&1 turn ¼ left stepping back on right (11:30), step left back

### **BACK, ¼ WALK, ½, COASTER STEP, CROSS**

- 2-3-4 step right back, turn ¼ left stepping forward onto left (7:30), step right forward  
5 turn ½ right stepping back on left (1:30)  
6&7-8 right coaster step: step right back, step left together, step right forward, cross left over right

### **SIDE ROCK WITH ¼, TRIPLE FULL TURN, CROSS WITH 1/8, BACK, COASTER STEP**

- 1-2 rock right to side, recover to left making ¼ turn left (11:30)  
3&4 turn ½ left stepping back on right, turn ½ left stepping forward on left, step right forward  
5-6 turn 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

**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