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Knee Deep

40 Count, 2 Wall, Intermediate

Choreographer: Natasha Ind (UK) January 2014

Choreographed to: Knee Deep In My Heart by Shane Filan

Right foot, point front, side, sailor step. Left foot Point Front side sailor ¼ turn.

- 123&4 Point right foot in front of L point right foot to R side cross R behind L, step L to L side then R to R side.
567&8 Point L in front of R, point L to L side cross L behind R turning ¼ left. Step R to R side. Step L to L side

Rock forward onto Right, rock back onto L, Lock steps back, sweep, sweep, coaster step.

- 123&4 Step R forward recover back onto L, step R back, cross L in front of R, step back on R.
567&8 Sweep L behind R, sweep R behind L. Step L back, step R next to L step L forward.

Side rock cross shufflex2

- 123&4 Rock R to R side, recover on to L. Cross R over L, step L slightly to L cross R over L.
567&8 Repeat leading with L foot.

¼ turn back touch, kick ball point. Kick point Twists.

- 123&4 Step R back turning a ¼, touch L next to R. Kick L slightly forward, place ball of L next to R point R out to R side.
567&8 Slow kick R crossing over L. Point L out to L side before R lands. Twist L Hips for 7&8 (L, R & L).

Step ¼, touch ½ turning shuffle R. Heel Swivels Kick ball Point.

- 123&4 Step L turning a ¼, touch R next to L, shuffle ½ right stepping R, LR.
567&8 (L foot should be on ball). Swivel L heel L, R. Kick L slightly forward, place ball of L next to R point R to R side.

Step ¼ touch, ½ turning shuffle L. Heel Swivels Kick Ball Change

- 123&4 Step R turning a ¼ R, touch L next to R, shuffle ½ right stepping L, R, L.
567&8 (R foot should be on ball). Swivel R heel L, R. Kick R slightly forward, touch ball of R next to L, step L in place next to R.

Ending Dance ends facing front wall, scuff right foot forward after the kick ball change