

# On My Knees

64 Count, 4 Wall, Improver.

Choreographed by: Suzi Beau (UK)

Choreographed for the Smile Weekend Oct 21

Music: Don't Break The Heart – Tom Grennan



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## Section 1 Side together Shuffle, Forward rock, Back Sweep

- 1 2 Step R to R side, Close Left to Right
- 3&4 Step forward on R, close L to R, Step Forward on R
- 5 6 Rock forward on L, Recover on R
- 7 8 Step back on L, Sweep R from front to back

## Section 2 Back rock chasse, behind side, cross, sweep

- 1 2 Rock back on R, Recover on L
- 3&4 Step R to R side, Close L to R, Step R to R side
- 5 6 Step left behind R, Step R to R side
- 7 8 Cross L over R, Sweep R from back to front

## Section 3 Cross rock side rock, behind ¼, ¼, behind

- 1 2 Cross rock R over L, Recover on L
- 3 4 Rock R to R side, Recover on L
- 5 6 Step R behind L, Turn ¼ L stepping forward L
- 7 8 Turn ¼ L stepping R to R side, Step L behind R

## Section 4 Side hold, ball side rock, jazzbox ¼ cross

- 1 2 Step R to R side, Hold
- &3,4 Close L to R, Rock R to R side, recover on L
- 5 6 Cross R over L, Step back on L
- 7 8 Turn ¼ R stepping R to R side, Cross L over R

Restart here on wall 1

## Section 5 Chasse Back Rock, Vine cross,

- 1&2 Step R to R side, Close L to R, Step R to R side
- 3 4 Rock back on L, Recover on R
- 5 6 Step L to L side, Step R behind L
- 7 8 Step L to L side, Cross R over Left

### **Section 6 Kick ball cross side rock behind side shuffle**

- 1&2 Kick L to L diagonal, Step on L, Cross R over L
- 3 4 Rock L to L side, recover on R
- 5 6 Step L behind R, Step R to R side
- 7&8 Shuffle forward stepping L,R,L

### **Section 7 Shuffle, Pivot ½ Shuffle Full turn**

- 1&2 Shuffle forward stepping R,L,R
- 3,4 Step forward on L, pivot ½ R
- 5&6 Shuffle forward stepping L,R, L
- 7 8 Full turn L stepping back on R, forward on L (optional Walk forward R, L)

### **Section 8 Step sweep Step Sweep Rocking chair**

- 1 2 Step forward on R, Sweep L
- 3,4 step forward on L, Sweep R
- 5 6 Rock forward on R, recover L
- 7 8 Rock back on R, recover L

### **8 Count Tag at the end of wall 3, (Rumba Box) (3:00)**

- 1-4 Step R to R side, Close Left to Right, Step forward R, Touch Left by R
- 5 -8 Step L to L side, Close Right to Left, Step back L, touch R by L