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Down On My Knees

Choreographer : Philip Yong
Level : Beginner
Counts : 32
Type of dance : 4 Wall
Intro : 32 counts
Music : Down On My Knees – by Freddie Spires

Sec 1: R-L Back, R Back Shuffle, L Back Rock & Recover, L Forward Shuffle

1-2 Step back on RF and LF (1-2)
3&4 Step RF back (3), close LF next to RF (&), step RF back (4)
5-6 Rock LF back (5), recover weight on RF (6)
7&8 Step LF forward (7), close RF next to LF (&), step LF forward (8)

Sec 2: R Side Together, R Side Chasse, L Cross Weave

1-2 Step RF to R side (1), close LF beside RF (2)
3&4 Step RF to R side (3), close LF next to RF (&), step RF to R side (4)
5-6 Cross LF over RF (5), step RF to R side (6)
7&8 Cross LF behind RF (7), step RF to R side (&), cross LF over RF (8)

Sec 3: R Side Rock & Recover, R Cross Shuffle, L Side Together, L Forward Shuffle

1-2 Rock RF to R side (1), recover weight on LF (2)
3&4 Cross RF over LF (3), step LF to L side (&), cross RF over LF (4)
5-6 Step LF to L side (5), close RF beside LF (6)
7&8 Step LF forward (7), close RF next to LF (&), step LF forward (8)

Sec 4: R Forward Rock & Recover, R Side Chasse ¼ R, L Forward Rock & Recover, L Back Shuffle

1-2 Rock RF forward (1), recover weight on LF (2)
3&4 Turn ¼ R stepping RF to R side (3), close LF beside RF (&), step RF to R side (4)
5-6 Rock LF forward (5), recover weight on RF (6)
7&8 Step LF back (7), close RF next to LF (&), step LF back (8)

Submitted by: EWS WINSON - Email: winsonews@gmail.com

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