

School Dance Styles

Ecole de Danse

KNEES ARE TREMBLING

Count: 32 Wall: 4 Level: Beginner

Choreographer: Ria Vos (NL) - February 2023

Music: Knees Are Trembling (feat. Joakim Wilow) – Faustix

Intro: 16 Counts

Walk-Walk, Shuffle, Rock Fwd, Walk Back-Back

1-2 Walk Fwd R, Walk Fwd L

3&4 Shuffle Fwd Stepping R-L-R

5-6 Rock Fwd on L, Recover on R

7-8 Walk Back L-R (roll shoulder Backwards L-R)

Back, ¼ L Point, ¼ R Fwd, ¼ R Point, Cross, Point, ¼ R Fwd, Point Side

1-2 Step Back on L (with a little dip), (Come up) Point R to R Side Turning ¼ L (9:00)

3-4 ¼ R Step Fwd on R, ¼ R Point L to L Side (3:00)

5-6 Cross L Over R, Point R to R Side

7-8 ¼ R Step Fwd on R, Point L to L Side (6:00)

Cross Rock, Chasse ¼ L, Step Pivot ¼ L x2

1-2 Cross Rock L Over R, Recover on R

3&4 Step L to L Side, Step R Next to L, ¼ Turn L Step Fwd on L (3:00)

5-6 Step Fwd on R, Pivot ¼ Turn L (roll hips) (12:00)

7-8 Step Fwd on R, Pivot ¼ Turn L (roll hips) (9:00)

Cross, Point, Cross, Point, Jazz Box

1-2 Cross R over L, Point L to L Side

3-4 Cross L Over R, Point R to R Side

(option Samba Step 3&4: Cross L Over R, Step R to R Side, Step L to L Side)

5-6 Cross R Over L, Step Back on L

7-8 Step R to R Side, Step Fwd on L

Tag: After wall 5 (9:00)

Rocking Chair

1-2 Rock Fwd on R, Recover on L

3-4 Rock Back on R, Recover on L

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