

## **Weak at the knees**

1<sup>st</sup> January 2010

Choreographed by Heather & Fred

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48 count partner dance opposite footwork throughout

Music Weak in the Knees by Amber Digby or any slow cha cha of your choice

**Face L.O.D hold inside hands change hands on cross and pick up hands on turns**

LADY 1.2.3&4 Rock right out to right side recover left right cross shuffle change sides

MAN 1.2.3&4 Rock left out to left side recover right left cross shuffle change sides

**Pick up inside hands turn to RLOD**

LADY 1.2.3&4 Step left forward pivot  $\frac{1}{2}$  turn right left shuffle forward

MAN 1.2.3&4 Step forward on right pivot  $\frac{1}{2}$  turn left right shuffle forward

LADY 1.2.3&4 Rock right out to right side recover left right cross shuffle change sides

MAN 1.2.3&4 Rock out to left side recover right left cross shuffle change sides

**Turn in to sweet heart to LOD**

LADY 1.2.3&4 Steps forward left pivot  $\frac{1}{2}$  turn right left shuffle forward

MAN 1.2.3&4 Step forward right pivot  $\frac{1}{2}$  turn left right shuffle forward

**Take both hands over man's head in to vw**

Lady 1.2.3&4 Walk forward right left right shuffle forward

Man 1.2.3&4 Full turn right left right left shuffle forward

**Turn out of vw**

Lady 1.2.3&4 Full turn left right left shuffle (in to sweet heart)

Man 1.2.3&4 Walk forward right left right shuffle forward

**Step slide shuffle x2**

Lady 1.2.3&4 Step right forward slides left up to right shuffle forward

Man 1.2.3&4 Step left forward slide right up to left shuffle forward

Lady 1.2.3&4 Step left forward slide right up to left shuffle forward

Man 1.2.3&4 Step right forward slide left up to right shuffle forward

**Hold left hands up drop right hand turn right shoulder to right shoulder**

Lady 1.2.3&4 Step forward right pivots  $\frac{1}{2}$  turn left in to arch right shuffle back

Man 1.2.3&4 Step left right left shuffle forward

**Pick up right hands and take both hands over man's head hold on to hands to the end**

Lady 1.2.3&4 Walk back left right left shuffle back

Man 1.2.3&4 Step forward right pivot  $\frac{1}{2}$  continue  $\frac{1}{2}$  turn shuffle forward (now you in cross hands F.L.O.D)

**Turn back to LOD take hands over ladies head in to vw**

LADY 1.2.3&4 1  $\frac{1}{2}$  Turn right left right shuffle forward into L.O.D

MAN 1.2.3&4 Walk forward left right left shuffle forward

**Turn out of vw**

LADY 1.2.3&4 Full turn left right left shuffle forward L.O.D

MAN 1.2.3&4 Walk forward right left right shuffle forward

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**That's it start again**