

My Sweet Sensation

Compte: 64

Mur: 4

Niveau: Low Intermediate

Chorégraphe: Antoinette Claassens (NL) - January 2020

Musique: Sweet Sensation - Exit



Intro: 16 counts

Rock back, recover, shuffle fwd ½ turn L, shuffle back ½ turn L, step fwd, touch

- 1 – 2 RF rock back - recover on LF
- 3 & 4 RF step fwd ¼ L, LF close, RF step back ¼ L
- 5 & 6 LF step back ¼ L, RF close, LF step fwd ¼ L
- 7 – 8 RF step fwd - LF touch behind RF

Shuffle back L & R, step back, touch, Step fwd ¼ L, touch fwd

- 1 & 2 LF step back, RF close, LF step back
- 3 & 4 RVF step back, LF close, RF step behind
- 5 – 6 LV step back - RF touch next
- 7 – 8 RF step fwd ¼ R - LF touch side

Side rock, cross shuffle, L & R

- 1 – 2 LF rock L side - recover on RF
- 3 & 4 LF cross over, RF step behind, LF cross over
- 5 – 6 RF rock R side - recover on LF
- 7 & 8 RF cross over, LF step behind, RF cross over

Hip sway L R, chassé L, rock, recover, chassé ¼ R

- 1 – 2 LF step L and sway hips L - R
- 3 & 4 LF step L, RF close, LF step L
- 5 – 6 RF rock fwd - recover on LF
- 7 & 8 RF step R, LF close, RF step ¼ turn R

Step, pivot ¼ R (x2), cross rock, chassé L

- 1 – 2 LF step fwd - LF+RF turn ¼ R
- 3 – 4 LF step fwd - LF+RF turn ¼ R
- 5 – 6 LF cross rock - recover on RF
- 7 & 8 LF step L, RF close, LV step L

Cross rock, chassé R, cross point L & R

- 1 – 2 RF cross rock - recover on LF
- 3 & 4 RF step R, LF close, RF step R
- 5 – 6 LF cross over - RF point aside
- 7 – 8 RF cross over - LF point aside

Sailor step, sailor step ¼ R, point fwd, point L, coaster step

- 1 & 2 LF cross behind, RF step aside, step back on LF
- 3 & 4 RF cross behind, LF step aside, RF step ¼ turn R
- 5 – 6 LF point in front - LF point L side
- 7 & 8 LF step back, RF close, LF step fwd

Point fwd, hitch, coaster step, side mambo L, side mambo R

- 1 – 2 RF point fwd, lift R. knee
- 3 & 4 RF step back, LF close, RF step fwd

5 & 6 LF rock L side, recover on RF, LF step next to RF
7 & 8 RF rock R side, recover on LF, RF step next to LF

Start over again!

Tag: After the 4th wall [12] dance this tag (16 counts) :

1 – 2 RF step R and sway hips R - L
3 & 4 RF step R, LF close, RF step R
5 – 6 LF step L and sway hips L - R
7 & 8 LF step L, RF close, LF step L

Turn ½ L

1 – 2 RF step R and sway hips R - L
3 & 4 RF step R, LF close, RF step R
5 – 6 LF step L and sway hips L - R
7 & 8 LF step L, RF close, LF step L

www.theparkvieuwdancers.nl rokske272@kpnmail.nl

Last Update – 4 March 2020
