

Sensacion

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Darren Bailey (UK), Roy Hadisubroto (IRE) & Raymond Sarlemijn (NL) - January 2016
音乐: Stuck On a Feeling (Spanish Version) (feat. J Balvin) - Prince Royce



Intro: 16 Counts

Step, ½ turn R, Coaster Step, Weave with ¼ turn L and Sweep, Sailor Step

1-2 Step RF forward, Make a ½ turn R and step back on LF
3&4 Step back on RF, Close LF next to RF, Step forward on RF
5&6 Make a ¼ turn L and cross LF over RF, Step RF to R side, Cross LF behind RF and sweep RF from front to back
7&8 Cross RF behind LF, Step LF to L side, Step RF to R side
(Counts 8 is more of a stomp)

L Back Mambo, Hold, Ball Step, Out In Slide R, Sailor Step with ¼ turn L

1&2 Rock back on LF, Recover onto RF, Step forward on LF
3&4 Hold, Close RF next to LF, Step LF forward
5&6 Touch RF to R side, Touch RF next to LF, Take a big step to the R with RF
7&8 Cross LF behind RF, Step RF to R side, make a ¼ turn L and step forward on LF
(Count 3 can be dance as a little body roll)□

Sweep ½ turn L, Hold, Ball Cross, Scissor Step x2 (R,L)

1-2 Start a ½ turn L sweeping RF from front to back, Finish turn and sweep with R Heel facing down and Toe pointing up
3&4 Hold, Step RF next to LF, Cross LF over RF
5&6 Step RF to R side, Close LF next to RF, Cross RF in front of LF
7&8 Step LF to L side, Close RF next to LF, Cross LF in front of RF

Hitch, Slide, Sailor Step with ¼ turn L, Knee Rolls with ½ turn R, Heel Ball Step, Knee Pop

1-2 Hitch R knee, Take a big step to R with RF
3&4 Cross LF behind RF, Step RF to R side, Make a ¼ turn L and step forward on LF
5&6& Roll R knee to R and make a ¼ turn R, Roll L knee in and make a ¼ turn R, Touch R heel forward, Step RF next to LF
7&8 Step forward on LF, Pop both knees forward lifting heel of the floor, Lower Heels taking weight onto LF

Hope you enjoy the dance.
Live to Love, Dance to Express.