

# Listen To Your Senses

拍数: 64                      墙数: 4                      级数: Improver  
编舞者: Glynn Rodgers (UK) & Steve Rutter (UK) - May 2015  
音乐: Listen to Your Senses - Alan Jackson



## [1-8]: □ Diagonal Step Touches Right & Left, Mambo ½ Turn, Hold.

- 1-2                      Step diagonally forward right to right corner, touch left to right.
- 3-4                      Step diagonally forward left to left corner, touch right to left.
- 5-6                      Rock forward right, recover weight onto left.
- 7-8                      Make ½ turn right, stepping forward right, hold.

## [9-16]: □ Shuffle ½ turn, Hold, Run Back x3, Hold.

- 1-4                      Make ½ turn right stepping – left-right-left, hold.
- 5-8                      Run back right-left-right, Hold.

## [17-24]: □ Kick, Out, Out, Close, Walks forward with Holds.

- 1-2                      Kick left over right, step left to left side.
- 3-4                      Step right to right side, close left to place.
- 5-8                      Step forward right, hold, step forward left, hold.

## [25-32]: □ Kick, Out, Out, Close, Step, Hold, Pivot ½, Hold.

- 1-2                      Kick right over left, step right to right side.
- 3-4                      Step left to left side, close right to place.
- 5-6                      Step forward left, hold.
- 7-8                      Pivot ½ turn right, hold.

## [33-40]: □ Step, Scuff, Step, Scuff, Mambo Step with Hitch.

- 1-2                      Step forward left, scuff right foot forward.
- 3-4                      Step forward right, scuff left foot forward.
- 5-6                      Rock forward left, recover weight onto right.
- 7-8                      Step back left, hitch right knee.

## [41-48]: □ Back, Touch, Step, Scuff, Rocking Chair.

- 1-2                      Step back onto right, touch left toe over right.
- 3-4                      Step forward left, scuff right forward.
- 5-6                      Rock forward right, recover onto left.
- 7-8                      Rock back right, recover onto left.

## [49-56]: □ Monterey ¼ Turn, Touches out-in-out, Hold.

- 1-2                      Point right to right side, close right to left turning ¼ right on the ball of left foot.
- 3-4                      Point left to left side, close left to right.
- 5-6                      Point right to right side, touch right beside left.
- 7-8                      Point right to right side, hold.

## [57-64]: □ Modified Monterey ½ Turn, Touches in-out-in.

- 1-2                      Close right to left, point left to left side.
- 3-4                      Make ½ turn left on ball of right closing left to right, point right to right side
- 5-6                      Touch right beside left, point right to right side.
- 7-8                      Touch right beside left, hold.

**Start again, No Tags, No Restarts!**

**Last Update by Glynn – 21st Jan. 2016**

Contact: [glynnrodgers@live.com](mailto:glynnrodgers@live.com)

---