

Sentimental

COPPER KNOB
BY STEPHEN HETS

拍数: 48 墙数: 2 级数: Intermediate / Advanced
编舞者: Rachael McEnaney (USA) - October 2009
音乐: Sentimental - Gareth Gates : (CD: What My Heart Wants To Say)



Count In: 32 counts from start of track. Begin on vocals.

(1-8) Walk Back LR, L Ball Change, Step Fwd L, Diagonal Ball Cross, ½ Turning R Triple Step, Step Fwd L

- 1-2 Step back on left (1), step back on right (2) [12.00]
&34 Rock back on ball of left foot (&), step right foot in place (3), step forward on left (4) [12.00]
&5 Angle body to left diagonal at 10.30 – Rock back on ball of right foot (&), step left foot in place (5), [10.30]
6&78 Straighten body to 12.00 – Step forward on right (6), make ¼ turn right stepping left next to right (&), make ¼ turn right stepping forward on right (7), step forward on left (8) [6.00]

(9-16) Funky Turns To Left Stepping ¼ With R, ½ With L, ½ With R, L Sailor, R Cross, 1/2 Turn Right Stepping L R

- &1&2&3 Make ¼ turn left dragging right toe in (no weight change) (&), step right to right side (1), make ½ turn left dragging left toe in (no weight change) (&), step left to left side (2), make ½ turn left dragging right toe in (no weight change), step right to right side (3)

NOTE: Try to think of this as simply Right (1), Left (2), Right (3) and try flexing knees on each step – the '&' counts are part of styling. [3.00]

- 4&5 Cross left behind right (4), step right next to left (&), step left to left side (5) [3.00]
6-8 Cross right over left (6), make ¼ turn right stepping back on left (7), make ¼ turn right stepping right to right side (8) – however end with body angled towards 10.30 (so essentially 3/8 turn) [10.30]

(17-24) L Mambo With Drag/Sweep, Ball Step With ¼ Turn, R Mambo, L Ball Change, Step Fwd L

- 1&2 Rock forward on left (1), recover weight onto right (&), take big step back on left (2) [10.30]
3&4 Drag right towards left / or sweep right foot round clockwise to behind left (3), step ball of right behind left (&), step left to left side (4) body no angled towards 7.30 [7.30]
5&6 Rock forward on right (5), recover weight onto left (&), step right next to left (6) [7.30]
&78 Rock back on ball of left (&), recover weight onto right (7), step forward on left (8) (body still angled to 7.30) [7.30]

(25-32) Hip Bumps Back Forward, R Coaster Step, Skate X2, ¾ Left Triple Step

- 1-2 Push weight back onto right foot bumping hips back (1), push weight forward onto left foot bumping hips forward (2) [7.30]
3&4 Push off left foot and step back on right (3), step left next to right (&), step forward on right (4) [7.30]
5-6 Skate left foot towards 4.30 (5), skate right foot towards 7.30 (6) (these steps are done in place) [7.30]
7&8 Make ¼ turn stepping forward on left (7), make ¼ turn stepping right next to left (&), make ¼ turn stepping forward on left (8) (this is a turning triple step you will end facing 10.30) [10.30]

(33-40) Toe Taps Travelling Back, Ball Changes Back Forward Back, R Kick Ball Change

- 1&2&3 Touch right toe forward (1), step back on right (&), touch left toe forward (2), step back on left (&), touch right toe forward (3)

STYLING: When you touch toes forward make it look like a press (so knee is bent – no weight on bent knee) [10.30]

- &4&5 Rock back on ball of right (&), step in place with left (4), rock forward on ball of right (&), step in place with left (5) [10.30]
- &6 Rock back on ball of right (&), step in place with left (6) [10.30]
- 7&8 Raise up on left toe as you kick right foot forward (7), step in place with ball of right (&), step in place with left (8) [10.30]

(41-48) R Shuffle, Turn, L Shuffle, ¼ Turn L Stepping Back, ¼ Turn L Stepping To Side, Step Fwd R, L Mambo

- 1&2 Step forward on right (1), step left next to right (&), step forward on right (2) [10.30]
- &3&4 Swivel ¼ turn right to face 1.30 on ball of right (&), step forward on left (3), step right next to left (&), step forward on left (4) [1.30]
- 5-6 Make 3/8 turn left stepping back on right (end facing 9.00), make ¼ turn left stepping left to left side (6) [6.00]
- 7&8 Step forward on right (7), rock forward on left (8), recover weight onto right (&) (ready to start again stepping back on left) [6.00]

Start Again, Have Fun!

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