

# Sensation

拍數: 40      牆數: 4      級數: Intermediate  
編舞者: Stephen Sunter (UK)  
音樂: Sweet Music - Kylie Minogue



## CROSSING TOE STRUTS, RIGHT, LEFT, RIGHT, LEFT

- 1-2      Traveling slightly forward cross right over left, touch right toe, drop right heel and click fingers
- 3-4      Traveling slightly forward cross left over right, touch left toe, drop left heel and click fingers
- 5-6      Traveling slightly forward cross right over left, touch right toe, drop right heel and click fingers
- 7-8      Traveling slightly forward cross left over right, touch left toe, hold and click fingers

## UNWIND 1 ¼ TURN, SHUFFLE FORWARD, ROCK, RECOVER, ROLLING FULL TURN BACK

- 9-10      Using left toe, push and unwind 1¼ turn right over 2 counts (1-2)
- 11&12      Shuffle forward right, left, right
- 13-14      Rock forward left, recover onto right
- 15-16      Make ½ turn left stepping forward left, turn ½ left stepping right back

## TURN ¼ SIDE ROCK, RECOVER, BEHIND SIDE CROSS, ¾ MONTEREY, TOUCH

- 17-18      Making ¼ turn left rock left-to-left side, recover onto right
- 19&20      Step left behind right, step right to right side, cross left over right
- 21-22      Touch right to right side, make ¾ turn right on ball of left foot and step right together
- 23-24      Touch left to left side, touch left next to right

## SHUFFLE FORWARD, ROCKING STEPS X 3, STEP, HITCH, SIDE

- 25&26      Shuffle forward left, right, left
- 27&28&      Rock forward right, recover onto left, rock right to side, recover onto left
- 29&30      Rock right back, recover onto left, step forward right
- 31&32      Scuff left next to right, hitch left knee, step left to left side, feet shoulder width apart

## SNAKE ROLLS LEFT, RIGHT, SIT, HIPS, GRIND

- 33&      Snake roll left
- 34&      Snake roll right
- 35&36      Snake roll left (35&), drop hips to sit position
- 37a&a38a&a      Bump hips forward and back (quickly) (or side to side, the Beyonce Knowles wiggle)
- 39-40      Grind hips to the left over 2 counts

## REPEAT

## RESTART

On the (6th) wall, drop the last four counts, re-start the dance after count 36

Some people don't feel comfortable doing counts 33-40. Feel free to add an alternative eight counts. Here is a suggestion from one of my class members

## SWAY HIPS LEFT, RIGHT, LEFT, SIT, BUMP HIPS, FORWARD, BACK, FORWARD BACK, GRIND

- 33-36      Sway hips left, sway hips right, sway hips left, drop to sit position
- 37&38&      Bump hips forward, bump hips back, bump hips forward, bump hips back
- 39-40      Grind hips to the left over 2 counts