

Sensual

拍數: 64 牆數: 4 級數: Advanced
編舞者: Jeremy Doss (USA)
音樂: Baby One More Time - Britney Spears



FORWARD LOCKING TRIPLE, STEP HOOK TURN, SWAY FORWARD BACK FORWARD BACK

- 1&2 Step left forward, lock right behind, step left forward
- & Step right forward landing with a ¼ turn to the left
- 3 Swing left leg around and behind right, reaching out toward original front wall with left foot on floor
- 4 Unwrap legs turning a ¾ turn to left (now facing original front wall with weight on left)
- 5 Do a ¼ turn left and step with right a long step swaying weight over right foot
- 6 Sway weight over left foot
- 7 Sway weight over right foot
- 8 Sway weight over left foot

In steps 5-8 your right arm will be extended to the right side, and left arm will be extended to left side, with body angled slightly left. Steps &3-5 will be one smooth continuous motion

FORWARD AND BACK AND FORWARD AND BACK AND FORWARD, CROSS, HOOK, SWIVEL

- &1 Step together with right while turning ¼ turn right, step forward on left
- &2 Step on right, step back on left
- &3 Step on right, step forward on left
- &4 Step on right, step back on left
- &5 Step on right, step forward on left
- & Touch right toe across left foot
- 6 Swing right foot around to touch behind left foot with a slight hook
- 7-8 Come up on balls of both feet and twist body to left, then back to original position putting weight on left foot

In steps 7-8 push both arms to right while twisting left on count 7, then back to center on 8

SLIDE TOGETHER CROSS X 4

- 1 Small slide to right with right facing diagonally to left
- 2& Step left behind right, fall forward on right facing diagonally left (sway arms to right)
- 3 Small slide to left with left facing diagonally to right
- 4& Step right behind left, fall forward on left facing diagonally right (sway arms to left)
- 5 Small slide to right with right facing diagonally to left
- 6& Step left behind right, fall forward on right facing diagonally left (sway arms to right)
- 7 Small slide to left with left facing diagonally to right
- 8& Step right behind left, fall forward on left facing diagonally right (sway arms to left)

SLIDE AND SWITCH/POINT, WALK X 3, AND TURN, WALK TWICE

- 1&2 Step right with right turning ¼ turn right, step left forward and turn ½ turn to the right on the left foot, point right toe to front while leaning back on left
- 3-5 Walk forward right, left, right leading step with toe of each foot
- &6 Step left foot forward and turn ½ turn to right on left on the left foot, point right toe extended forward
- 7-8 Walk forward right, left leading step with toe of each foot

TURN, ROLL 2, 3, 4, KICK, HOOK, TURN, TOUCH

- & Turn ¼ turn left spreading legs apart while bending down putting hands on knees and rolling head to right shoulder then back to left shoulder ending with head and shoulders pointed left

- 1-2 (Still bent down) roll left shoulder to left, then right shoulder to right (make a figure 8 with shoulders)
- 3-4 Coming up to a standing position roll hips from right to left and back to right for two counts ending with weight on right
- 5 Kick left foot across in front of right still facing LOD
- 6 Drag left foot hooking left toe on right foot to make a figure 4 with legs
- 7 Turn $\frac{1}{2}$ right touching left toe extended out to side
- 8 Turn $\frac{1}{4}$ left on right foot and step down on it

FORWARD LOCKING TRIPLE TWICE, AND TURN, AND TURN, AND TURN, AND TOUCH

- 1&2 Step right foot forward, lock left behind, step right forward
- 3&4 Step left forward, lock right behind, step left forward
- &5 Step with right turning $\frac{1}{4}$ left, cross left behind right
- &6 Turn $\frac{1}{4}$ turn left stepping on right, cross left over right
- &7 Step right straight back, turn $\frac{1}{4}$ left stepping on left
- &8 Turn $\frac{1}{2}$ to left with body angled right placing hand on forehead, extend left toe out to touch to side

TURN, TOUCH, STEP, TURN, STEP, TURN, STEP, TOUCH

- 1-2 Turn $\frac{1}{4}$ left stepping on left foot while swinging arm forward, extend right leg straight for right toe touch forward
- 3-4 Step on right foot, turn $\frac{1}{4}$ turn right to touch left toe out to left side
- 5-6 Step left foot to left side, turn $\frac{1}{2}$ turn right on ball of left touch right toe out to side
- 7-8 Stepping down on right, pivot $\frac{1}{4}$ turn left, touch left toe out in front of you with leg extended

STEP, TURN, LOCKING TRIPLE, TURN, LOCKING TRIPLE, TURN

- 1 Step forward left
- 2 Bring right knee up turning $\frac{3}{8}$ of a turn to the left ending on a left diagonal
- 3&4 Step right forward, lock left behind, step right forward
- 5 Bring left knee up turning $\frac{1}{4}$ turn ending on a right diagonal
- 6&7 Step left forward, lock right behind, step left forward
- 8 Turn $\frac{3}{8}$ of a turn to the left and stomp right foot beside left

REPEAT

FINISH

If done to Britney Spears "One More Time" you will do the dance a full four walls. On the fifth wall the dance will end on count 48 where you have placed your hand to your forehead.
