

Sentimental

拍數: 0 牆數: 1 級數: Intermediate
編舞者: Robin Sin (SG)
音樂: Sentimental - Gareth Gates



Sequence: AB ABC BBB

SECTION A

FORWARD TOUCH, SIDE TOUCH, MAMBO STEP, SWIVEL ½ TURN, KICK, COASTER STEPS

1-2 Touch right toe forward, touch right toe to the side
3-4 Rock back on right, recover on left, step forward on right
5-6 Swivel heels to the right, swivels heels to the left, making a ½ turn left, kick forward on left
7&8 Step back on left, step right beside left, step forward on left

9-16 Repeat count 1-8

SIDE ROCK CROSS, SIDE ROCK CROSS, SIDE, TOUCH, ½ TURN LEFT

17&18 Side rock on right, recover on left, cross right over left
19&20 Side rock on left, recover on right, cross left over right
21-22 Step right to side, touch left beside right
23-24 Making a ¼ turn left, step forward left, making a ¼ turn left, step right to the side

BACK ROCK TOUCH, SAILOR ¼ TURN, KICK & TOUCH, KICK BALL CHANGE

25&26 Step left behind right, recover on right, touch left toe to the side
27&28 Step left behind right, step right to the side, making a ¼ turn left, step forward on left
29&30 Kick forward on right, step right beside left, touch left toe forward, step left beside right
31&32 Kick forward on right, step right beside left, step forward on left

SYNCOPATED WEAVE, SIDE ROCK BEHIND SIDE CROSS

&33&34 Step right to the side, step left behind right, step right to the side, cross left over right
&35&36 Step right to the side, step left behind right, step right to the side, cross left over right
37-38 Rock right diagonally right, recover on left
39&40 Step right behind left, step left to the side, cross right over left

SYNCOPATED WEAVE, SIDE ROCK BEHIND SIDE ¼ TURN

&41&42 Step left to the side, step right behind left, step left to the side, cross right over left
&43&44 Step left to the side, step right behind left, step left to the side, cross right over left
45-46 Rock left diagonally left, recover on right
47&48 Step left behind right, making a ¼ turn right, step forward on right, step forward on left

ROCK STEP, COASTER STEP, BUMP HIPS, ½ TURN, BUMP HIPS, JAZZ BOX, SIDE TOUCHES

49-50 Rock forward on right, recover on left
51&52 Step back on right, step left beside right, step forward on right
53&54 Bump hips forward on left
&55&56 Making a ½ turn right, bump hips forward on right
57-60 Cross left over right, step back on right, step left to the side, touch right beside left
61-64 Large step right to the side, drag left towards and touches beside right, large step left to the side, drag right towards and touches beside left

SECTION B

WALK, WALK, MAMBO STEP, ROCK & TOUCH, ¼ TURN, BODY ROLL

1-2 Walk forward on right, left

- 3&4 Rock forward on right, recover on left, step right beside left
- 5&6 Rock back on left, recover on right, touch left toe to the side
- 7&8 Making a ¼ turn left, left toe remain pointing forward and weight on right, body roll or roll hips to the left

LOCK STEP FORWARD, STEP TOUCH, PADDLE ¼ TURNS TWICE

- 9-12 Step forward on left, step right behind left, step forward on left, step right behind left
- 13-14 Step forward left, touch right toe to side
- 15-16 Making a ¼ turn left, weight on left and touch right toe to the side, making a ¼ turn left, weight on left and touch right toe to the side

CROSS ROCK STEP, SHUFFLE FORWARD, CROSS ROCK ¼ TURN, STEP PIVOT ½ TURN STEP

- 17&18 Cross right over left, recover on left, step right to the side
- 19&20 Shuffle forward on left-right-left
- 21&22 Cross right over left, recover on left, making a ¼ turn right, step forward on right
- 23&24 Step forward on left, pivot ½ turn right, step forward on left

HEEL SWITCHES, FORWARD DRAG, BACK DRAG, SIDE ROCK TOUCH

- 25&26& Touch right heel forward, step right beside left, touch left heel forward, step left beside right
- 27-28 Large step forward on right, drag left toe towards and touch beside right
- 29-30 Large step back on left, drag right toe back and touch beside left
- 31&32 Rock right to the side, recover on left, touch right beside left

SECTION C

FORWARD DRAG, ½ TURN FORWARD DRAG TWICE

- 1-2 Step forward on right diagonally right, drag left toe towards and touches beside right
- 3-4 Making a ½ turn left, step forward on left diagonally right, drag right toe towards and touches beside left
- 5-6 Step forward on right diagonally right, drag left toe towards and touches beside right
- 7-8 Making a ½ turn left, step forward on left diagonally right, drag right toe towards and touches beside left

SIDE DRAGS, FORWARD DRAG, BACK DRAG

- 9-12 Large step right to the side, drag left towards and touches beside right, large step left to the side, drag right towards and touches beside left
- 13-16 Large step forward on right, drag left toe towards and touch beside right, large step back on left, drag right toe back and touches beside left

SYNCOPATED WEAVE, SIDE ROCK, BEHIND SIDE CROSS TWICE

- &17&18 Step right to the side, step left behind right, step right to the side, cross left over right
 - &19&20 Step right to the side, step left behind right, step right to the side, cross left over right
 - 21-22 Rock right diagonally right, recover on left
 - 23&24 Step right behind left, step left to the side, cross right over left
 - &25&26 Step left to the side, step right behind left, step left to the side, cross right over left
 - &27&28 Step left to the side, step right behind left, step left to the side, cross right over left
 - 29-30 Rock left diagonally left, recover on right
 - 31&32 Step left behind right, step right to the side, cross left over right
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