# 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 1/4 TURN, SHUFFLE FORWARD, ROCK, RECOVER, ROLLING FULL TURN BACK

9-10 Using left toe, push and unwind 11/4 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 1/4 SIDE ROCK, RECOVER, BEHIND SIDE CROSS, 3/4 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 left34& 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