

Please Be Gentle

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Forty Arroyo (USA) - April 2011
音樂: Sentimental - Gareth Gates



A great floor split for the popular line dance Sentimental by Rachael McEnaney
Starts on vocals (32 counts in)

BACK, BACK, COASTER STEP, STEP, SCUFF, STEP, SCUFF

- 1-2 Step R back, Step L back
- 3&4 Step R back, Step L next to R, Step R forward
- 5-8 Step L forward, Scuff R, Step R forward, Scuff L

HEEL GRIND, COASTER STEP, SIDE HEEL GRIND, WEAVE

- 1-2 Press L heel forward - pointing toes to Right, (Fan L toes to left - while stepping slightly back on R.)

EASY Option: Tap L Heel forward - twice for counts 1 and 2

- 3&4 Step L back, Step R next to R, Step L forward
- 5 Stepping slightly side R - Press R heel to side (point toes to left)
- 6 Fan R toes right - while stepping L in Place

EASY OPTION(5-6): Tap R heel to side - twice for counts 5 and 6

- 7&8 Step R behind L, Step L to side, Step R in front of L

CHASSE' LEFT, WALK FORWARD R-L, CHASSE' RIGHT, WALK BACK L-R

- 1&2 Step L to side, Step R next to L, Step L to side
- 3-4 Step forward on R, Step forward on L
- 5&6 Step R to side, Step L next to R, Step R to side
- 7-8 Step back on L, Step back on R

ROCK, STEP, STEP, ½ TURN, STEP, TOUCH 3X

- 1-2 Rock back on L, Step R in place (recover weight on R)
- 3-4 Step forward on L, Pivot ½ to right - shifting weight to RF
- 5-6 Step forward on L, Touch R toes forward
- 7-8 Touch R toes back, Touch R toes forward

START OVER

Contact: forty.arroyo@gmail.com