

# SENSUAL

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**Count:** 64      **Wall:** 4      **Level:** advanced

**Choreographer:** Jeremy Doss

**Music:** Baby One More Time by 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  $\frac{1}{4}$  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  $\frac{3}{4}$  turn to left (now facing original front wall with weight on left)
- 5**      Do a  $\frac{1}{4}$  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  $\frac{1}{4}$  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  $\frac{1}{4}$  turn right, step left forward and turn  $\frac{1}{2}$  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  $\frac{1}{2}$  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  $\frac{1}{4}$  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.**