

Listen To Your Senses

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Count: 64

Wall: 4

Level: Improver

Choreographer: Glynn "Applejack" Rodgers & Stephen Rutter (May, 2015)

Music: Listen to Your Senses by Alan Jackson

[1-8]: Diagonal Step Touches Right & Left, Mambo ½ Turn, Hold.

1-2: Step diagonally forward right to right corner, touch left to right.

3-4: Step diagonally forward left to left corner, touch right to left.

5-6: Rock forward right, recover weight onto left.

7-8: Make ½ turn right, stepping forward right, hold.

[9-16]: Shuffle ½ turn, Hold, Run Back x3, Hold.

1-4: Make ½ turn right stepping - left-right-left, hold.

5-8: Run back right-left-right, Hold.

[17-24]: Kick, Out, Out, Close, Walks forward with Holds.

1-2: Kick left over right, step left to left side.

3-4: Step right to right side, close left to place.

5-8: Step forward right, hold, step forward left, hold.

[25-32]: Kick, Out, Out, Close, Step, Hold, Pivot ½, Hold.

1-2: Kick right over left, step right to right side.

3-4: Step left to left side, close right to place.

5-6: Step forward left, hold.

7-8: Pivot ½ turn right, hold.

[33-40]: Step, Scuff, Step, Scuff, Mambo Step with Hitch.

1-2: Step forward left, scuff right foot forward.

3-4: Step forward right, scuff left foot forward.

5-6: Rock forward left, recover weight onto right.

7-8: Step back left, hitch right knee.

[41-48]: Back, Touch, Step, Scuff, Rocking Chair.

1-2: Step back onto right, touch left toe over right.

3-4: Step forward left, scuff right forward.

5-6: Rock forward right, recover onto left.

7-8: Rock back right, recover onto left.

[49-56]: Monterey $\frac{1}{4}$ Turn, Touches out-in-out, Hold.

1-2: Point right to right side, close right to left turning $\frac{1}{4}$ right on the ball of left foot.

3-4: Point left to left side, close left to right.

5-6: Point right to right side, touch right beside left.

7-8: Point right to right side, hold.

[57-64]: Modified Monterey $\frac{1}{2}$ Turn, Touches in-out-in.

1-2: Close right to left, point left to left side.

3-4: Make $\frac{1}{2}$ turn left on ball of right closing left to right, point right to right side

5-6: Touch right beside left, point right to right side.

7-8: Touch right beside left, hold.

Start again, No Tags, No Restarts!

Last Update by Glynn - 21st Jan. 2016

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