

My Sweet Sensation

LINEDANCE.COM

Count: 64

Wall: 4

Level: Low Intermediate

Choreographer: Antoinette Claassens (January 2020)

Music: "Sweet Sensations" by Exit ft Kees Konings

Intro: 16 counts

Rock back, recover, shuffle fwd ½ turn L, shuffle back ½ turn L, step fwd, touch

1 - 2RF rock back - recover on LF

3 & 4RF step fwd ¼ L, LF close, RF step back ¼ L

5 & 6LF step back ¼ L, RF close, LF step fwd ¼ L

7 - 8RF step fwd - LF touch behind RF

Shuffle back L & R, step back, touch, Step fwd ¼ L, touch fwd

1 & 2LF step back, RF close, LF step back

3 & 4RVF step back, LF close, RF step behind

5 - 6LV step back - RF touch next

7 - 8RF step fwd ¼ R - LF touch side

Side rock, cross shuffle, L & R

1 - 2LF rock L side - recover on RF

3 & 4LF cross over, RF step behind, LF cross over

5 - 6RF rock R side - recover on LF

7 & 8RF cross over, LF step behind, RF cross over

Hip sway L R, chassé L, rock, recover, chassé ¼ R

1 - 2LF step L and sway hips L - R

3 & 4LF step L, RF close, LF step L

5 - 6RF rock fwd - recover on LF

7 & 8RF step R, LF close, RF step $\frac{1}{4}$ turn R

Step, pivot $\frac{1}{4}$ R (x2), cross rock, chassé L

1 - 2LF step fwd - LF+RF turn $\frac{1}{4}$ R

3 - 4LF step fwd - LF+RF turn $\frac{1}{4}$ R

5 - 6LF cross rock - recover on RF

7 & 8LF step L, RF close, LV step L

Cross rock, chassé R, cross point L & R

1 - 2RF cross rock - recover on LF

3 & 4RF step R, LF close, RF step R

5 - 6LF cross over - RF point aside

7 - 8RF cross over - LF point aside

Sailor step, sailor step $\frac{1}{4}$ R, point fwd, point L, coaster step

1 & 2LF cross behind, RF step aside, step back on LF

3 & 4RF cross behind, LF step aside, RF step $\frac{1}{4}$ turn R

5 - 6LF point in front - LF point L side

7 & 8LF step back, RF close, LF step fwd

Point fwd, hitch, coaster step, side mambo L, side mambo R

1 - 2RF point fwd, lift R. knee

3 & 4RF step back, LF close, RF step fwd

5 & 6LF rock L side, recover on RF, LF step next to RF

7 & 8RF rock R side, recover on LF, RF step next to LF

Start over again!

Tag: After the 4th wall [12] dance this tag (16 counts) :

1 - 2RF step R and sway hips R - L

3 & 4RF step R, LF close, RF step R

5 - 6LF step L and sway hips L - R

7 & 8LF step L, RF close, LF step L

Turn ½ L

1 - 2RF step R and sway hips R - L

3 & 4RF step R, LF close, RF step R

5 - 6LF step L and sway hips L - R

7 & 8LF step L, RF close, LF step L

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Last Update - 4 March 2020