

Gentle Through Your Life

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Count: 64

Wall: 4

Level: Intermediate

Choreographer: Ines Maaß, (Dec 2013)

Music: Go Gentle by Robbie Williams

Intro 32 Counts

Walk Forward R/L, Anchor Step, Walk Back L/R, Anchor Step

1 - 2two steps forward R/L,

3 & 4step RF behind LF (3rd FP), shift weight on LF, shift weight on RF,

5 - 6two steps back L/R,

7 & 8step LF behind RF (3rd FP), shift weight on RF, shift weight on LF,

Rock Back, Kick Ball Change, Point Hold, Cross Unwind ½ Turn L

1 - 2step RF back, recover weight on LF,

3 & 4kick RF forward, step right ball next to LF, step LF on place,

5 - 6point right toes to right side, hold,

7 - 8cross RF over LF, unwind ½ turn left (keep weight on RF),

Chassé L, Rock Back, Kick Ball Cross, Toe Strut to Side

1 & 2step LF to left, step RF together, step LF to left,

3 - 4step RF back, recover weight on LF,

5 & 6kick RF forward, step right ball next to LF, cross LF over RF,

7 - 8touch right toes to right side, step down on RF,

Toe Strut Across, Side Rock, Cross Shuffle, ¼ Turn R 2 x

1 - 2touch left toes across RF, step down on LF,

3 - 4step RF to right, recover weight on LF,

5 & 6 cross RF over LF, step LF towards RF, cross RF over LF,

7 - 8 $\frac{1}{4}$ turn right stepping back on LF, $\frac{1}{4}$ turn right stepping forward on RF,

(Restart during wall 4 - Touch RF next LF, only $\frac{1}{4}$ turn),

Shuffle Forward, Step $\frac{1}{2}$ Turn L, Shuffle Forward, Step $\frac{1}{4}$ Turn R

1 & 2 step LF forward, step RF towards LF, step LF forward,

3 - 4 step RF forward, $\frac{1}{2}$ turn left and shift weight on LF,

5 & 6 step RF forward, step LF towards RF, step RF forward,

7 - 8 step LF forward, $\frac{1}{4}$ turn right and shift weight on RF,

Reverse Monterey $\frac{1}{2}$ Turn L, Elvis Knees L/R with Hold

1 - 4 point left toes to left side, $\frac{1}{2}$ turn left on ball of RF stepping LF together, point right toes to right side, step RF next to LF,

5 - 6 lift left heel turning left knee to right, hold,

7 - 8 shift weight on LF and lift right heel turning right knee to left, hold,

Chassé R, Rock Back, Triple $\frac{1}{2}$ Turn R, Rock Back

1 & 2 step RF to right, step LF together, step RF to right,

3 - 4 step LF back, recover weight on RF,

5 & 6 $\frac{1}{4}$ turn right stepping LF to left, step RF together, $\frac{1}{4}$ turn right stepping LF to left,

7 - 8 step RF back, recover weight on LF,

Toe Struts Forward R/L, Monterey $\frac{1}{2}$ Turn R

1 - 2 touch right toes forward, step down on RF,

3 - 4 touch left toes forward, step down on LF,

5 - 8 point right toes to right side, $\frac{1}{2}$ turn right on ball of LF stepping RF together, point left toes to left side, step LF next to RF.

Start again.

Restart : Dance wall 4 until Count 31 (4th sequence) and replace count 32 with Touch RF next to LF. Start the dance from the beginning on 6 o'Clock.

Ending: The dance will end within the 5th sequence dancing Shuffle Forward, Step $\frac{1}{2}$ Turn L on 12 o'Clock.

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