

SENTIMENTAL

Choreographed by Rachael McEnaney

Description : 48 count, 2 wall, WCS

Level : Advanced

Music: 'Sentimental' by Gareth Gates (104BPM)

Official UCWDC competition dance description

Date of usage 3 June 2010

1-8: Walk back LR, L ball change, step fwd L, diagonal ball cross, ½ turning R triple step, step fwd L

- 1 - 2 Step back on left (1), step back on right (2)
& 3 4 Rock back on ball of left foot (&), step right foot in place (3), step forward on left (4)
& 5 Angle body to left diagonal at 10.30 – Rock back on ball of right foot (&), step left foot in place (5),
6 & 7 8 Straighten body to 12.00 – Step forward on right (6), make ¼ turn right stepping left next to right (&), make ¼ turn right stepping forward on right (6:00) (7), step forward on left (8)

9-16: Funky turns to left stepping ¼ with R, ½ with L, ½ with R, L sailor, R cross, 1/2 turn right stepping L R

- &1&2&3 Make ¼ turn left dragging right toe in (no weight change) (&), step right to right side (1), make ½ turn left dragging left toe in (no weight change) (&), step left to left side (2), make ½ turn left dragging right toe in (no weight change), step right to right side (3)
4 & 5 Cross left behind right (4), step right next to left (&), step left to left side (5)
6 7 8 Cross right over left (6), make ¼ turn right stepping back on left (7), make ¼ turn right stepping right to right side (8) – however end with body angled towards 10.30 (so essentially 3/8 turn)

17-24: L mambo with drag/sweep, ball step with ¼ turn, R mambo, L ball change, step fwd L

- 1 & 2 Rock forward on left (1), recover weight onto right (&), take big step back on left (2)
3 & 4 Drag right towards left / or sweep right foot round clockwise to behind left (3), step ball of right behind left (&), step left to left side (4) *body now angled towards 7.30*
5 & 6 Rock forward on right (5), recover weight onto left (&), step right next to left (6)
& 7 8 Rock back on ball of left (&), recover weight onto right (7), step forward on left (8) *(body still angled to 7.30)*

25-32: Hip bumps back forward, R coaster step, skate x2, ¾ left triple step

- 1 - 2 Push weight back onto right foot bumping hips back (1), push weight forward onto left foot bumping hips forward (2)
3 & 4 Push off left foot and step back on right (3), step left next to right (&), step forward on right (4)
5 - 6 Skate left foot towards 4.30 (5), skate right foot towards 7.30 (6) (these steps are done in place)
7 & 8 Make ¼ turn stepping forward on left (7), make ¼ turn stepping right next to left (&), make ¼ turn stepping forward on left (8) *(this is a turning triple step you will end facing 10.30)*

33-40: Toe taps travelling back, ball changes back forward back, R kick ball change

- 1&2&3 Touch right toe forward (1), step back on right (&), touch left toe forward (2), step back on left (&), touch right toe forward (3) *STYLING NOTE: When you touch toes forward make it look like a press (so knee is bent – no weight on bent knee)*
&4&5 Rock back on ball of right (&), step in place with left (4), rock forward on ball of right (&), step in place with left (5)
&6 Rock back on ball of right (&), step in place with left (6)
7 & 8 *Raise up on left toe* as you kick right foot forward (7), step in place with ball of right (&), step in place with left (8)

41-48: R shuffle, turn, L shuffle, ¼ turn L stepping back, ¼ turn L stepping to side, step fwd R, L mambo

- 1 & 2 Step forward on right (1), step left next to right (&), step forward on right (2)
& 3 & 4 Swivel ¼ turn right to face 1.30 on ball of right (&), step forward on left (3), step right next to left (&), step forward on left (4)
5 - 6 Make 3/8 turn left stepping back on right (end facing 9.00), make ¼ turn left stepping left to left side (6)
7 8 & Step forward on right (7), rock forward on left (8), recover weight onto right (&)