Sentimental

48 Count, 2 Wall, Int/Adv
Choreographer: Rachael McEnaney (UK) Oct 09
Choreographed to: Sentimental by Gareth Gates,
CD: What My Heart Wants To Say (104bpm)

Count In: 32 counts from start of track. Begin on vocals.

(1-8)   Walk Back LR, L Ball Change, Step Fwd L, Diagonal Ball Cross,
1/2 Turning R Triple Step, Step Fwd L
1-2   Step back on left (1), step back on right (2) [12.00]
&34   Rock back on ball of left foot (&), step right foot in place (3), step forward on left (4) [12.00]
&5   Angle body to left diagonal at 10.30 – Rock back on ball of right foot (&),
         step left foot in place (5), [10.30]
6&78   Straighten body to 12.00 – Step forward on right (6),
         make 1/4 turn right stepping left next to right (&),
         make 1/4 turn right stepping forward on right (7), step forward on left (8) [6.00]

(9-16)   Funky Turns To Left Stepping 1/4 With R, 1/2 With L, 1/2 With R, L Sailor, R Cross,
1/2 Turn Right Stepping L R
&1&2&3 Make 1/4 turn left dragging right toe in (no weight change) (&), step right to right side (1),
         make 1/2 turn left dragging left toe in (no weight change (&), step left to left side (2),
         make 1/2 turn left dragging right toe in (no weight change), step right to right side (3)
NOTE: Try to think of this as simply Right (1), Left (2), Right (3) and try flexing knees on each step –
         the '&' counts are part of styling. [3.00]
4&5   Cross left behind right (4), step right next to left (&), step left to left side (5) [3.00]
6-8   Cross right over left (6), make 1/4 turn right stepping back on left (7),
         make 1/4 turn right stepping right to right side (8) – however end with body angled towards 1
         0.30 (so essentially 3/8 turn) [10.30]

(17-24)   L Mambo With Drag/Sweep, Ball Step With 1/4 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) [10.30]
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 no angled towards 7.30 [7.30]
5&6   Rock forward on right (5), recover weight onto left (&), step right next to left (6) [7.30]
&78   Rock back on ball of left (&), recover weight onto right (7), step forward on left (8)
         (body still angled to 7.30) [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) [7.30]
3&4   Push off left foot and step back on right (3), step left next to right (&),
         step forward on right (4) [7.30]
5-6   Skate left foot towards 4.30 (5), skate right foot towards 7.30 (6)
         (these steps are done in place) [7.30]
7&8   Make 1/4 turn stepping forward on left (7), make 1/4 turn stepping right next to left (&),
         make 1/4 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: When you touch toes forward make it look like a press (so knee is bent – no weight on bent
         knee) [10.30]
&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) [10.30]
&6   Rock back on ball of right (&), step in place with left (6) [10.30]
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) [10.30]

(41-48)   R Shuffle, Turn, L Shuffle, 1/4 Turn L Stepping Back, 1/4 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) [10.30]
&3&4   Swivel 1/4 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) [1.30]
5-6   Make 3/8 turn left stepping back on right (end facing 9.00),
         make 1/4 turn left stepping left to left side (6) [6.00]
78&   Step forward on right (7), rock forward on left (8), recover weight onto right (&)
         (ready to start again stepping back on left) [6.00]