



Sentimental

Choreographed by **Rachael McEnaney (UK) (October 2009)**
 www.dancejam.co.uk - Rachaeldance@me.com
 Tel: 07968 181933



Description: 48 Counts, 2 Walls, High Intermediate/Advanced west coast swing style line dance
Music: Sentimental – Gareth Gates (album: What My Heart Wants To Say) Available on itunes. Approx 104bpm
Count In: 32 counts from start of track. Begin on vocals.
Notes:

Section	Footwork	End Facing
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)	12.00
& 3 4	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 & 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 (7), step forward on left (8)	6.00
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) <i>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.</i>	3.00
4 & 5	Cross left behind right (4), step right next to left (&), step left to left side (5)	3.00
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)	10.30
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)	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) <i>body no angled towards 7.30</i>	7.30
5 & 6	Rock forward on right (5), recover weight onto left (&), step right next to left (6)	7.30
& 7 8	Rock back on ball of left (&), recover weight onto right (7), step forward on left (8) <i>(body still angled to 7.30)</i>	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 ¼ turn stepping forward on left (7), make ¼ turn stepping right next to left (&), make ¼ turn stepping forward on left (8) <i>(this is a turning triple step you will end facing 10.30)</i>	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) <i>STYLING NOTE: When you touch toes forward make it look like a press (so knee is bent – no weight on bent knee)</i>	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, 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)	10.30
& 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)	1.30
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)	6.00
7 8 &	Step forward on right (7), rock forward on left (8), recover weight onto right (&) <i>(ready to start again stepping back on left)</i>	6.00

START AGAIN, HAVE FUN! ☺