

# MY SWEET SENSATION

Choreo: Antoinette de Veth-Claassens  
(januari 2020)

Dance: 4 wall line dans

Counts: 64

Intro: 16 counts

Level: Low Intermediate

Music: "Sweet Sensations" by  
Exit ft Kees Konings

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

- 1 – 2 RF rock back - recover on LF
- 3 & 4 RF step fwd ¼ L, LF close,  
RF step back ¼ L
- 5 & 6 LF step back ¼ L, RF close,  
LF step fwd ¼ L
- 7 – 8 RF step fwd - LF touch behind RF

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

- 1 & 2 LF step back, RF close,  
LF step back
- 3 & 4 RVF step back, LF close,  
RF stap achter
- 5 – 6 LV step back - RF touch next
- 7 – 8 RF step fwd ¼ L - LF touch fwd

## Side rock, cross shuffle, L & R

- 1 – 2 LF rock L side - recover on RF
- 3 & 4 LF cross over, RF step behind,  
LF cross over
- 5 – 6 RF rock R side - recover on LF
- 7 & 8 RF cross over, LF step behind,  
RF cross over

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

- 1 – 2 LF step L and sway hips L - R
- 3 & 4 LF step L, RF close, LF step L
- 5 – 6 RF rock fwd - recover on LF
- 7 & 8 RF step R, LF close,  
RF step ¼ turn R

## Step, pivot ¼ R (x2), cross rock, chassé L

- 1 – 2 LF step fwd - LF+RF turn ¼ R
- 3 – 4 LF step fwd - LF+RF turn ¼ R
- 5 – 6 LF cross rock - recover on RF
- 7 & 8 LF step L, RF close, LV step L

## Cross rock, chassé R, cross point L & R

- 1 – 2 RF cross rock - recover on LF
- 3 & 4 RF step R, LF close, RF step R
- 5 – 6 LF cross over - RF point aside
- 7 – 8 RF cross over - LF point aside

## Sailor step, sailor step ¼ R, point fwd, point L, coaster step

- 1 & 2 LF cross behind, RF step aside,  
step back on LF
- 3 & 4 RF cross behind, LF step aside,  
RF step ¼ turn R
- 5 – 6 LF point in front - LF point L side
- 7 & 8 LF step back, RF close, LF step fwd

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

- 1 – 2 RF point fwd, lift R. knee
- 3 & 4 RF step back, LF close, RF step fwd
- 5 & 6 LF rock L side, recover on RF,  
LF step next to RF
- 7 & 8 RF 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 – 2 RF step R and sway hips R - L
- 3 & 4 RF step R, LF close, RF step R
- 5 – 6 LF step L and sway hips L - R
- 7 & 8 LF step L, RF close, LF step L

- 1 – 2 ½ turn left RF step R  
and sway hips R - L
- 3 & 4 RF step R, LF close, RF step R
- 5 – 6 LF step L and sway hips L - R
- 7 & 8 LF step L, RF close, LF step L

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