

# My Sweet Sensation

**Choreographer:** Antoinette Claassens

**Count:** 64

**Wall:** 4

**Level:** Low Intermediate

**Intro:** 16 counts

**Music:** "Sweet Sensations" by Exit ft Kees Konings



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## 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 step behind  
5 – 6 LV step back - RF touch next  
7 – 8 RF step fwd ¼ R - 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, LF 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

## Repeat

### 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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