

SENTIMIENTO

Music: Alma Latina

www.amazon.com/

Time 4:10 Shortened & -3% Slower to Time 3:17

Available from choreographer

Rhythm: Cha Cha Phase: V+1(Turkish Towel) + Several U

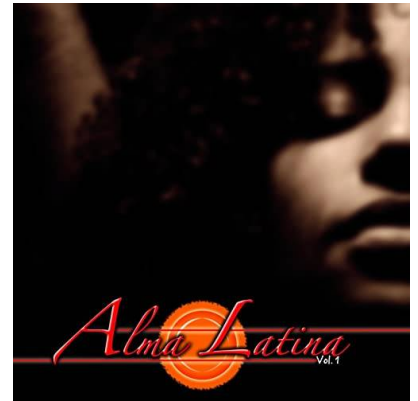
Footwork: Opposite except where (Noted)

Release Date: Sept 20

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Sequence: INTRO A AB INTRO AB B END



INTRO

BFLY WALL LEAD FOOT FREE WAIT FOR 3 INTRO BOUNCES :

01-04 CONTINUOUS CHASE w/ UNDERARM PASS & PEEKS ; ; ; :

{Continuous Chase With Underarm Pass & Peeks} Fwd L trng ½ RF keepg ld-hnds jnd behind M, rec R, fwd L/lk Rib, fwd L (W bk R, rec L, fwd R/lk Lib fwd R, twds M's lft-sd) ; Bk R raisg jnd ld-hnds, rec L, sd R/cl L, sd R (W fwd L, fwd R trng ½ LF under jnd ld-hnds, sd L/cl R contg to trn ½ LF, sd L) to TAND COH [w/ ld-hnds still jnd above the head W] ; {Peek-a-Boo x 2} Sd L, rec R, sd L/cl R, sd L (W sd R trng ¼ LF & lookg ovr lft-shldr, rec L to Tandem, sd R/cl L, sd R) ; Sd R, rec L, sd R/cl L, sd R (W sd L trng ¼ RF & lookg ovr r-shldr, rec R to Tandem COH, sd L/cl R, sd L) ;

05-08 CONTINUE ; ; ; W SWIVEL to FACE & r-hndshk :

{Continue} Fwd L trng ½ RF keepg ld-hnds jnd behind M, rec R, fwd L/lk Rib, fwd L (W fwd R trng ½ LF, fwd L, fwd R/lk Lib fwd R, twds M's lft-sd) ; [w/ ld-hnds still jnd above the head W] Repeat meas 2,3 Intro to TAND WALL ; ; {W Swivel to Fc & r-hndshk} [w/ ld-hnds still jnd above the head W] Sd R, rec L, sd R/cl L, sd R (W sd L trng ¼ RF & lookg ovr r-shldr, rec R, sd L/cl R, sd L trng ½ RF) to r-hndshk WALL ;

PART A

01-04 SHADOW BREAK to OP LOD ; 3 PARALLEL BREAKS & Keep r-hndshk ; ; ; :

{Shad Break to OP LOD} [w/ r-hndshk] XLib (W XRib) trng ¼ LF to SD-BY-SD LOD w/ r-hnds jnd ifo bdies & lft-hnds xtnd to sd at shldr level, fwd R, fwd L/lk Rib (W lk Lib), fwd L ; {Parallel Breaks x 3 & r-hndshk} [w/ r-hndshk] Rk bk R leading W across in front, rec L, fwd R/lk Lib, fwd R to fc Line (W fwd L trng ¼ Lf ifo M, fwd R trng ½ Lf to fcg LOD, fwd L/lk Rib, fwd L) to LOP LOD [similar to W whip action] ; Fwd L trng ¼ Lf ifo W, fwd R trng ½ Lf to fcg LOD, fwd L/lk Rib, fwd L swiv to fc ptr (W rk bk R allowing M to pass across in front, rec L to fc, fwd R/lk Lib, fwd R swiv to fc ptr) to BFLY WALL [similar to M whip action] ; Repeat meas 2 Part A & Keep r-hndshk ;

05-08 SHADOW NEW YORKER ; DBL HAND UNDERARM TURN to STACKED HANDS ;

OP BREAK & CHANGE SIDES/W UNDERARM ; SIDE WALK HALF ;

{Shadow New Yorker} Fwd L (W fwd R) to SD-BY-SD to L-LOD w/ r-hnds jnd ifo bdies & lft-hnds xtnd to sd at shld level, rec R trng to Fc, sd L/cl R, sd L to BFLY COH ; {DBL Hnd Underarm Turn to Stacked Hnds} [Keep both hands] XRib lead ptr under dbl hd hold, rec fwd L stacked lft- over r-hnds, ipl R, L, R (W fwd L RF trn under dbl hd hold, fwd R stacked hnds, ipl L, R, L) to Stacked Hnds COH ; {OP Break & Chnge Sides /W Underarm} [With stacked hnds] Apt L, rec R raisg stacked hnds fwd, fwd L comm RF turn/ sd R cont RF trn to fc ptr, cl L (W apt R, rec L, fwd R COH LF trn under stacked hnds chg sds/sd L cont LF trn, sd R) to BFLY WALL ; {Sd Walk 1/2} Sd R, cl L, sd R/cl L, sd R ;

09-12 OP HIP TWIST INTO FAN ; ; EXIT FAN to TANDEM WALL ; OPPOSITE CUCARACHA w/ PEEKS ;

{OP Hip Twist Into Fan} Chk fwd L, rec R, small bk L/cl R, bk L pushing ld-arm fwd gently to turn W (W rk bk R, rec L, fwd R/fwd L, fwd R swivel ¼ RF on right) ; Bk R, rec L, small sd R/cl L, sd R slight LF rotation twd W (W fwd L, fwd R turn ½ LF, bk L/lk Rif, bk L) to Fan Pos ; {Exit to Tandem Wall} Fwd L, rec R raisg ld-hnds, ipl L, R, L (W cl R, fwd L ifo M trng ¼ LF under ld-hnds to TANDEM WALL, ipl R, L, R) ; {Opposite Cucaracha w/ Peeks} [ld-hnds still above W's head] Sd R w/ partial wgt, rec L, ipl R, L, R (W sd L w/ partial wgt [trn upper body RF & look over rt-shoulder], rec R, ipl L, R, L) ;

13-16 OPPOSITE CUCARACHA w/ PEEKS ; HOCKEY STICK ENDING & r-hndshk ; TRADE PLACES TWICE to r-hndshk ; ;

[2^{de} TIME to Bfly]

{Opposite Cucaracha w/ Peeks} [ld-hnds still above W's head] Sd L w/ partial wgt, rec R, ipl L, R, L (*W sd R w/ partial wgt* [trn upper body LF & look over lft-shldr], *rec L, ipl R, L, R*) to TANDEM WALL ; **{Hockey Stick Ending & r-hndshk}** Sm bk R, rec L, fwd R/*Ik Lib, fwd R (W fwd L, fwd R trng sharply ½ LF undr jnd ld-hnds, bk L/*Ik Rif, bk L*)* to r-hndshk WALL ; **{Trade Places x 2}** [In r-hndshk] Rk apt L, rec R relg hnds & t rng ¼ RF to fc RLOD (*W trn LF*), slide bhd W sd L/cl R reachg lft-hnd to W's lft forearm & slidg hnd dwn her arm, sd L trng ¼ RF (*W ¼ LF*) to lft-hndshk ; Apt R, rec L relg hnds trng ¼ LF to fc RLOD (*W trn RF*), slidg bhd W sd R/cl L reachg r-hnd to W's r-forearm & slidg hnd dwn her arm, sd R trn ¼ LF (*W ¼ RF*) to r-hndshk WALL **[2^{de} TIME: to Bfly Wall]** ;

PART B

01-04 START CROSS BODY INTO TUMMY CHECK & BACK w/ r-hndshk ; ; FINISH CROSS BODY ;

{Start X-Body to Tummy Check & Bk w/ r-hndshk} Fwd L, rec R trng ¼ LF to LOD, sd L/cl R, sd L (*W Bk,R, rec L, fwd R/*Ik Lib, fwd R*)* ; [Stop the W w/ ld-hnd] Lunge sd R, rec L, ipl R, L, R (*W [Both arms fwd] fwd L, rec R, ipl L, R, L*) ; Lunge sd L, rec R w/ r-hndshk, ipl L, R, L (*W Bk R, rec L & r-hndshk, ipl R, L, R*) ; **{Finish X- Body}** w/ r-hndshk Bk R, rec L trng ¼ LF to fc ptr, sd R/cl L, sd R (*W fwd L comm LF trn, fwd & sd R cont LF trn to WALL, sd L/cl R, sd L*) to BFLY COH ;

05-08 DBL CUBAN BREAKS L & R ; ; NEW YORKER ; WHIP to WALL & r-hndshk;

{DBL Cuban Breaks L & R} [Q&Q&Q&Q x 2] XLif/rec R, sd L/rec R, XLif/rec R, sd L ; XRif/rec L, sd R/rec L/ XRif/rec L, sd R ; **{New Yorker}** Thru R to OP LOD, rec L to fc, sd R/cl L, sd R ; **{Whip to WALL & r-hndshk}** Bk R trng LF & Idg W acrs, rec L contg LF trn (*W fwd L trng LF & xg ifo M, fwd & sd R contg LF trn, sd L/cl R, sd L*) sd R/cl L, sd R to r-hndshk WALL ;

09-12 OP BREAK INTO TURKISH TOWEL ; ; ONE BREAK ; W OUT to FACE ;

{OP Break Into Turkish Towel} w/ r-hndshk Strong bk L (*W strong bk R*) xtndg free hnd to sd, rec R, sd L/cl R, sd L to BFLY WALL ; Bk R, rec L, small sd R/cl L, sd R (*W XLif trn RF under jnd hnds, fwd R cont RF trn, fwd L arnd M to end in bk of and to his lft- sd/fwd R, fwd L*) ; **{One Break}** Chk bk L bringing r-arms up & over head, rec R, sd L/cl R, sd L (*W Chk fwd R, rec L, sd R/cl L, sd R slidg behind M to his r-sd*) ; **{W Out to Fc}** Rk bk R, rec L, small sd R/cl L, sd R (*W fwd L twd LOD, fwd R trn LF, small sd L/cl R, sd L*) to BFLY WALL ;

13-16 REVERSE UNDERARM TURN ; FENCE LINE w/ARMSWEEP ; SPOT TURN TWICE ; ;

{Reverse Underarm Turn} Raisg jnd ld-hnds XLif w/ slight RF bdy trn, rec R, sd L/cl R, sd L (*W full LF trn undr jnd hnds XRif, rec L, fwd & sd R/cl L, sd R*) to BFLY ; **{Fence Line w/ Armsweep}** XRif (*W XLif*) w/ bent knee ld-arm circle CW (*W CCW*) ifo body, rec L, sd R/cl L, sd R to BFLY WALL ; **{Spot Turn x 2}** XLif (*W XRif*) trng ½ RF, rec R contg to trn to fc ptr, sd L/cl R, sd L ; XRif (*W XLif*) trng ½ LF, rec L contg to trn to fc ptr, sd R/cl L, sd R to BFLY WALL ;

ENDING

01 LATIN WHISK RECOVER & STOMP 3 TIMES ;

{Latin Whisk Rec & Stamp x 3}[SSQQQ] XLib(*W XRib*), -, rec R to fc ptr, -, stomp L, R, L ;