

Please Be Gentle

32 Count, 2 Wall, Beginner

Choreographer: Forty Arroyo (USA) June 2010
Choreographed to: Sentimental by Gareth Gates,
CD: What My Heart Wants To Say (104 bpm)

Starts on vocals (32 counts in)

BACK, BACK, COASTER STEP, STEP, SCUFF, STEP, SCUFF

- 1-2 Step right back, step left back
- 3&4 Step right back, step left together, step right forward
- 5-8 Step left forward, scuff right forward, step right forward, scuff left forward

HEEL GRIND, COASTER STEP, SIDE HEEL GRIND, WEAVE

- 1 Press left heel forward pointing toes to right
- 2 Fan left toes to left while stepping slightly right back
Easy option: touch left heel forward twice for counts 1 and 2
- 3&4 Step left back, step right next to right, step left forward
- 5 Stepping slightly side right press right heel to side (point toes to left)
- 6 Fan right toes right while stepping left in place
Easy option(5-6): touch right heel to side twice for counts 5 and 6
- 7&8 Cross right behind left, step left to side, cross right over left

CHASSE LEFT, STEP RIGHT FORWARD-LEFT, CHASSE RIGHT, WALK BACK LEFT-RIGHT

- 1&2 Chassé side left, right, left
- 3-4 Step right forward, step left forward
- 5&6 Chassé side right, left, right
- 7-8 Step left back, step right back

ROCK, STEP, STEP, ½ TURN, STEP, TOUCH 3X

- 1-2 Rock left back, step right in place (recover to right)
 - 3-4 Step left forward, pivot ½ to right shifting weight to right
 - 5-6 Step left forward, touch right forward
 - 7-8 Touch right toes back, touch right forward
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