

Smooth Factor

Count: 32

Wand: 4

Ebene: Improver - WCS motion

Choreograf/in: Mathias Pflug (DE) - February 2015

Musik: Don't - Ed Sheeran



Intro: After 16 Beats – On The Words “I Met”. No Tags - No Restarts.

[01-08] □ Cross, Side, Sailor Step W. ¼ Turn L, 4x Heel Switches Travelling Fwd

- 1-2 Cross L Over R, Step R To R Side
- 3&4 Step L Behind R, Step R To R Side, ¼ Turn L & Step L Forward (9.00)
- 5&6& Start Travelling Fwd: Touch R Heel Fwd, Step R Beside L, Touch L Heel Fwd. Step L Beside R
- 7&8& Touch R Heel Fwd, Step R Beside L, Touch L Heel Fwd, Stop Travelling Fwd: Step L Beside R

[09-16] □ Mambo Fwd, Coaster Step, Step, ½ Turn L, Walk (r+l)

- 1&2 Step R Fwd, Recover On L, Step R Beside L
- 3&4 Step L Back, Step R Beside L, Step L Fwd
- 5-6 Step R Fwd, ½ Turn L On Both Balls (3.00)
- 7-8 Step R Fwd, Step L Fwd

[17-24] □ ¼ Turn L Ball Cross, ½ Hinge Turn L, Cross Rock-1/4 Turn R, Step, Anchor Step

- &1 ¼ Turn L & Step R To R Side, Cross L Over R (12.00)
- 2-3 ¼ Turn L & Step R Back, ¼ Turn L & Step L To L Side (6.00)
- 4&5 Cross R Over L, Recover On L, ¼ Turn R & Step R Fwd (9.00)
- 6 Step L Fwd
- 7&8 Step R Behind L, Recover On L, Recover On R

[25-32] □ Full Turn L, Coaster Step, Syncopated Lock Steps, Touch &

- 1-2 ½ Turn L & Step L Fwd, ½ Turn L & Step R Back (9.00)
- 3&4 Step L Back, Step R Beside L, Step L Fwd
- 5&6 Step R Diagonally Fwd, Lock L Behind R, Step R Diagonally Fwd
- &7& Step L Diagonally Fwd, Lock R Behind L, Step L Diagonally Fwd
- 8& Touch R Beside L, Step R To R Side

Start Again & Enjoy Dancing.

Contact - E-Mail: Info@Mathias-Pflug.De – Homepage: Www.Mathias-Pflug.De