

Smoke it

Count: 32

Wall: 4

Level: Beginner

Choreographer: Luke Shrimpton (UK) - March 2025

Music: SMOKE THE PAIN AWAY - Calvin Harris



Intro: Start on lyrics

No Tags 2 Restarts (after 24 counts walls 2 & 7)

[1-8] Shuffle R, Shuffle L, Cross R, L Back, Side Shuffle R

- 1&2 Step right to right diagonal, step left together, step right to right diagonal
- 3&4 Step left to left diagonal, step left together, step left to left diagonal
- 5 Cross right over left
- 6 Step back on left
- 7&8 Step right to right, step left together, step right to right

[9-16] Cross L, ¼ Back R, Side Shuffle L, Kickball change x2

- 9 Cross left over right
- 10 Step right foot back turning ¼ left (9 O'clock)
- 11&12 Step left to left, step right together, step left to left
- 13&14 Kick right foot forward, step right in place, step left in place
- 15&16 Kick right foot forward, step right in place, step left in place

[17-24] Rock R, Recover, R Coaster Step, Rock L, Recover, L Coaster Step

- 17 Rock right foot forward
- 18 Recover on to left
- 19&20 Step back right, step left together, step forward right
- 21 Rock left foot forward
- 22 Recover on to right
- 23&24 Step back left, step right together, step left forward

(Restart here walls 2 & 7)

[25-32] Step R, Scuff L, Step L, Scuff R, 2x Pivot ½ turns

- 25 Step forward right
- 26 Scuff left
- 27 Step left forward
- 28 Scuff right
- 29 Step right forward*
- 30 Pivot ½ turn over left shoulder (3 O'clock)
- 31 Step right forward
- 32 Pivot ½ turn over left shoulder (9 O'clock)

***Non-turning option (replace last 4 counts with rocking chair right – 29 Rock forward on right, 30 recover on left, 31 rock back on right, 32 recover on left)**