

# Mr Smooth and Seductive (aka Smooth and Seductive)

**COPPER** KNOB  
STEPSHEETS

**Compte:** 32

**Mur:** 4

**Niveau:** Low Intermediate



**Chorégraphe:** Helaine Norman (USA) - August 2017

**Musique:** Just One Dance - Caro Emerald : (Album: Deleted Scenes from the Cutting Room Floor)

**Intro: 48 counts**

## I. Stomp, Bounce Heel X3; Stomp, Fan Toes Out-In-Out

- 1-4 Stomp R and bounce R heel (x3), weight to R  
5-8 Stomp L, fan toes L R L, weight to L

## II. Side, Together, Chasse; Cross Rock, Recover, Side, Touch

- 1-2 Step R side, step L together  
3&4 Step R side, step L together, step R side  
5-6 Rock L over, recover to R  
7-8 Step L side (big), drag R together

**Restart on wall 4 (3:00)**

## III. Syncopated Reverse Weave; Pivot 1/4 R Turn, Kick Ball Touch, Touch Out-Together

- 1&2 Step R behind, step L side, step R over  
3-4 Step L side making 1/4 turn right, weight to R (3:00)  
5&6 Kick L forward, step L together, touch R in place  
7-8 Touch R side, touch R together

## IV. Rock Recover, Pivot 1/2 R Turn, Hitch; Cross, Side, Reverse Weave

- 1-2 Rock R forward, recover on L  
3-4 Step R (pivoting on left) (9:00), step R, hitch L  
5-6 Step L over, step R side  
7&8 Step L behind, step R, step L over

**Repeat**

**Restart: During 4th wall after 16 counts (3:00)**

**Tag: End of 8th wall music pauses (12:00).**

### Toe Struts with Hip Bumps

- 1&2 Touch R with R hip bump, drop R heel (weight to R)  
3&4 Touch L with L hip bump, drop L heel (weight to L)

**Optional Tags for 1-4 at 4-count pause in music:**

### Toe Struts X2

- 1-2 Touch R toe next to L (with R knee inward about 11:30), drop R heel returning to center  
**(will look like knee pops)**  
3-4 Repeat on L side

**or**

- 1-4 Prissy walks forward R-L

**Last Update: 1 Mar 2023**