

# Smooth Sailing

**Compte:** 36

**Mur:** 1

**Niveau:** Improver

**Chorégraphe:** Norman Dery (CAN)

**Musique:** Smooth Sailing - Nana Mouskouri



- 1-3 Left foot forward; right foot forward; left foot forward  
4-6 Right heel forward no weight; right foot to rear; left foot rear  
7-8 Right foot rear; left foot pointed to rear

## KICK BALL CHANGE

- 9&10 Left foot kick forward; left foot rear; right foot in place  
11&12 Left foot kick forward; left foot rear; right foot in place  
13-14 Left foot forward; right foot in place ½ turn right  
15-16 Left foot forward; right foot in place ½ turn right

## FOUR ONE QUARTER TURN LEFT

- 17-18 Left foot forward 1/8 turn left; right foot to right side 1/8 turn left  
19-20 Left foot next to right; right foot rear 1/8 turn left  
21-22 Left foot to left side 1/8 turn left; right foot next to left  
23-24 Left foot to left side 1/8 turn left; right foot to right side 1/8 turn left  
25-26 Left foot next to right; right foot rear 1/8 turn left  
27-28 Left foot to left side 1/8 turn left; right foot next to left

## SHUFFLE LEFT SHUFFLE RIGHT

- 29&30 Left foot to left side; right foot next to left ;left foot to left side  
&31-32 Right foot next to left; left foot to left side; right foot next to left no weight  
33&34 Right foot to right side; left foot next to right; right foot to right side  
&35-36 Left foot next to right; right foot to right side; left foot next to right no weight

## REPEAT

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