

Smooth

拍数: 32 墙数: 4 级数: Beginner with Options
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音乐: Smooth - Chris Richardson
或: Smooth (feat. Rob Thomas) - Santana : (iTunes US)



#32-Count Intro

Sec. 1 (1-8) □RFRwdRockRcvr, TripleInPlace; LBkwdRockRcvr, TripleInPlace

1,2,3&4 StepRightFrwd, RecoverLeftInPlace, StepRightBesideLeft, StepLeftInPlace,
StepRightInPlace;
5,6,7&8 StepLeftBkwd, RecoverRightInPlace, StepLeftBesideRight, StepRightInPlace,
StepLeftInPlace

Sec. 2 (9-16) □RSideRockRcvr, TripleInPlace; LSideRockRcvr, TripleInPlace

1,2,3&4 StepRightToRightSide, RecoverLeftInPlace, StepRightBesideLeft, StepLeftInPlace,
StepRightInPlace;
5,6,7&8 StepLeftToLeftSide, RecoverRightInPlace, StepLeftBesideRight, StepRightInPlace,
StepLeftInPlace

Sec. 3 (17-24) □CrossRckRcvr(ROverL), TripleInPlace*; CrossRckRcvr(LOverR), TripleInPlace**

1,2,3&4 StepRDiagonallyAcrossL, RecoverLeftInPlace; StepRightBesideLeft, StepLeftInPlace,
StepRightInPlace;
5,6,7&8 StepLDiagonallyAcrossR, RecoverRightInPlace; StepLeftBesideRight, StepRightInPlace,
Step Left In Place

Sec. 4 (25-32) □1/4PivotToLeft, TripleInPlace***; 1/2PivotToRight, TripleInPlace****

1,2 StepRightBallFrwd, ¼PivotTurnToLeft
3&4 StepRightBesideLeft, StepLeftInPlace, StepRightInPlace;
5,6 StepLeftBallFrwd, ½PivotTurnToRight,
7&8 StepLeftBesideRight, StepRightInPlace, StepLeftInPlace

EOD

Modification Options for Advancing Beginners – See asterisks in blue above

There are 4 TripleInPlace steps, each marked by an asterisk, which can be substituted with Shuffles instead:
In Sec. 3 where the TripleInPlace is marked with *, a RightSideShuffle (RLR) can be done instead.

In Sec. 3 where the TripleInPlace is marked with **, a LeftSideShuffle (LRL) can be done.

In Sec. 4 where the TripleInPlace is marked with ***, a ForwardShuffle(RLR) can be done.

In Sec. 4 where the TripleInPlace is marked with ****, a ForwardShuffle (LRL) can be done.

If still more shuffles are desired, in Sec. 1 you can substitute a Bkwd Shuffle(RLR) for the first Triple In Place and a Frwd Shuffle(LRL) for the second Triple In Place.

Please feel at liberty to substitute in-place triples with shuffles as you'd like for your students' learning. All these substitutions can help the student understand that a shuffle is just a sliding linear triple.

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