

Mr Smooth and Seductive (aka Smooth and Seductive)

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Helaine Norman (USA) - August 2017
音乐: 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