

# Mr Smooth and Seductive (aka Smooth and Seductive)

COPPER KNOB  
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