

Smooth

拍数: 32 墙数: 2 级数: Beginner
编舞者: Jiae Yun (KOR) - October 2019
音乐: Smooth by Carlos Santana



INTRO : 32 counts
TAG : ON THE 10th WALL
RESTARTS : NO RESTART.

S1. RIGHT SIDE, LEFT SIDE, FORWARD SIDE, FORWARD SIDE

1&2 (cha cha basic step) step R to R side, step L next to R, step R to R side.
3&4 (cha cha basic step) step L to L side, step R next to L, step L to L side.
5-6 step forward R, step L next to R.
(raise both arms as if swimming)
7-8 step forward R, step L next to R.

S2. SIDE LUNGE ¼ TURN L, FORWARD SHUFFLE, ½ PIVOT TURN, FORWARD SHUFFLE

1-2 lunge R to R, hold for count 2, make a ¼ turn L.
3&4 shuffle forward stepping R,L,R.
5-6 step forward on L, pivot ½ turn R.
7&8 shuffle forward stepping L,R,L.

S3. HEEL GRIND R,L, CROSS, SIDE, SAILOR

1&2 diagonal R, make a heel grind with RF, R next to L together.
3&4 diagonal L, make a heel grind with LF, L next to R together.
5-6 cross step R over L, step left to left side.
7&8 step R behind L, step L to L side, step R to R side.

S4. CROSS, HOLD, ½ L, CROSS-ROCK-RECOVER, (1/4L)BACK AND KICK, FORWARD TOGETHER

1-4 cross L over R, hold, ¼ turn L step R back, ¼ turn L, step L to L side (9:00).
5-6 cross rock R over L, recover L.
7&8 step ¼ to L back R and kick L forward (at the same time), step forward L, step R next to L.(6:00)

TAG : on the 10th wall

1-2 Step R to R side(your R arms stretch out), step L to L side(your L arms stretch out).
3&4 As you shimmy shoulders for counts 3&, step R next to L.

ENDING : The music is so long. Therefore, when the music ends, it ends freely.

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