

Smile

拍数: 40 墙数: 2 级数: High Beginner
编舞者: Laura Rittenhouse (AUS) - February 2024
音乐: Smile - Uncle Kracker



Start after 8 beats of music at slow pace of 71 BPM

S1: 4 SAMBA STEPS MOVING FORWARD

1&2,3&4 Cross R over L (and slightly fwd), Step L beside R, Step R beside L, Cross L over R (and slightly fwd), Step R beside L, Step L beside R
5&6,7&8 Cross R over L (and slightly fwd), Step L beside R, Step R beside L, Cross L over R (and slightly fwd), Step R beside L, Step L beside R

S2: L CROSS SHUFFLE, SIDE ROCK, R CROSS SHUFFLE, SIDE ROCK

1&2,3,4 Cross shuffle R over L (R,L,R), Rock L to side, Recover R
5&6,7,8 Cross shuffle L over R (L,R,L), Rock R to side, Recover L

S3: 4 SAILOR STEPS MOVING BACKWARD

1&2,3&4 Cross R behind L (and slightly behind), Step L beside R, Step R beside L, Cross L behind R (and slightly behind), Step R beside L, Step L beside R
5&6,7&8 Cross R behind L (and slightly behind), Step L beside R, Step R beside L, Cross L behind R (and slightly behind), Step R beside L, Step L beside R

S4: LINDY R & L

1&2,3,4 Step R to R, Step L beside R, Step R to R, Cross rock L behind R, Recover on R
5&6,7,8 Step L to L, Step R beside L, Step L to L, Cross rock R behind L, Recover on L

S5: TURN ½ L WITH ROCKS R&L, ROCKING CHAIR

1&2,3&4 Turn ¼ L with cross rock R over L (9:00), Recover L, Rock R fwd, Turn ¼ L with rock L fwd (6:00), Recover R, Rock L fwd
5,6,7,8 Rock R fwd, Recover L, Rock R back, Recover L

No tags or restarts
