

Smoke it

拍数: 32 墙数: 4 级数: Beginner
编舞者: Luke Shrimpton (UK) - March 2025
音乐: SMOKE THE PAIN AWAY - Calvin Harris



Intro: Start on lyrics

No Tags 2 Restarts (after 24 counts walls 2 & 7)

[1-8] Shuffle R, Shuffle L, Cross R, L Back, Side Shuffle R

1&2 Step right to right diagonal, step left together, step right to right diagonal
3&4 Step left to left diagonal, step left together, step left to left diagonal
5 Cross right over left
6 Step back on left
7&8 Step right to right, step left together, step right to right

[9-16] Cross L, ¼ Back R, Side Shuffle L, Kickball change x2

9 Cross left over right
10 Step right foot back turning ¼ left (9 O'clock)
11&12 Step left to left, step right together, step left to left
13&14 Kick right foot forward, step right in place, step left in place
15&16 Kick right foot forward, step right in place, step left in place

[17-24] Rock R, Recover, R Coaster Step, Rock L, Recover, L Coaster Step

17 Rock right foot forward
18 Recover on to left
19&20 Step back right, step left together, step forward right
21 Rock left foot forward
22 Recover on to right
23&24 Step back left, step right together, step left forward

(Restart here walls 2 & 7)

[25-32] Step R, Scuff L, Step L, Scuff R, 2x Pivot ½ turns

25 Step forward right
26 Scuff left
27 Step left forward
28 Scuff right
29 Step right forward*
30 Pivot ½ turn over left shoulder (3 O'clock)
31 Step right forward
32 Pivot ½ turn over left shoulder (9 O'clock)

*Non-turning option (replace last 4 counts with rocking chair right – 29 Rock forward on right, 30 recover on left, 31 rock back on right, 32 recover on left)