

Smooth

拍数: 56 墙数: 4 级数: Advanced
编舞者: Raine T. Webb
音乐: Smooth (feat. Rob Thomas) - Santana



STEP SIDE WITH RIGHT MOVING LEFT, SIDE SHUFFLE, STEP LEFT, ROCK STEP

Dance entire dance with Cuban motion

1-4 Step side left with right foot, step side left, repeat
5&6 Left side shuffle stepping right, left, right
7 Step left beside right
8 Right across in front of left
1-2 Recover left, step right beside left

STEP SIDE WITH LEFT MOVING RIGHT, SIDE SHUFFLE, STEP LEFT, ROCK STEP

3-6 Step side right with left foot, step side right, repeat
7&8 Right side shuffle stepping left, right, left
1 Step right beside left
2-4 Left across in front of right, recover right, step left beside right

PADDLE ½ TURN LEFT

5-8 Touch right toe to side making ¼ turn left while rotating hips full turn left, repeat

SHUFFLE FORWARD TWICE, ROCK STEP, COASTER STEP

1&2 Shuffle forward, right, left, right
3&4 Shuffle forward, left, right, left
5-6 Rock forward onto right foot, recover left
7&8 Step right back, step left back, step forward right

CROSS STEPS, ROTATE HIPS

1-2 Step left across in front of right, look left and raise both hands to eye level, snap fingers on 2
3-4 Step side right, look right and drop hands, snap fingers on 4
5-6 Step left across in front of right, look left and raise both hands to eye level, snap fingers on 6
&7 Step side right, step side left (shoulder's width apart)
8 Rotate hips full turn right

SHUFFLE FORWARD, ½ TURN RIGHT, COASTER STEP

1&2 Shuffle forward, right, left, right
3-4 Step forward left, right, making ½ turn right
5&6 Step left back, step right back, step forward left

HIP BUMPS, KICK BALL CHANGE, RONDE JAMBE, ¼ TURN LEFT, BODY ROLL

7&8 Stepping forward right, bump hips right, left, right
1&2 Stepping forward left, bump hips left, right, left
3&4 Kick right foot, step ball of right foot beside left, step left in place
5 Circle right toe on floor from back to front (weight remains on left foot)
& Make ¼ turn left while slightly hitching right knee across in front of left
6 Touch right toe side right
7-8 Body roll down (weight remains on left foot)

REPEAT

