

Smooth

拍数: 0 墙数: 1 级数: Intermediate
编舞者: Brenda Sprader (USA)
音乐: Smooth (feat. Rob Thomas) - Santana



Sequence: AAB TAG-1 AAB TAG-2 AB AAA

PART A

SIDE ROCK STEP, LEFT SIDE SHUFFLE, ROCK STEP, SHUFFLE TURN ½ LEFT

1-3 Step right to right side, rock back on left, recover taking weight on right
4&5 Shuffle side left stepping left, right, left
6-7 Rock back on right, recover taking weight on left
8&1 Making a ½ turn left, shuffle forward right, left, right

COASTER STEP, KICK BALL STEP, WALK, WALK, HEEL SWITCHES

2&3 Step back on left, step right next to left, step forward on left
4&5 Kick right forward, step on ball of right next to left, step forward on left
6-7 Step right forward, step left forward
8&1 Touch right heel forward, step right next to left, touch left heel forward

HEEL SWITCH TOE BACK, SCUFF HITCH, SWIVEL TWIST, FRONT SAILOR SHUFFLE

2&3 Touch left heel forward again, step left next to right, touch right toe back
4&5 Scuff right forward, hitch right leg, step down on right
6-7 Swivel heels right turning ½ left, swivel heels left turning ½ right
8&1 Step right in front of left, step left to left side, step right to right side

½ TURN RIGHT, FULL TURN TRIPLE, COASTER STEP, WALK

2-3 Step left forward, pivot ½ right
4&5 Step left, right, left turning 1 full turn in place to the right
6&7 Step back on right, step left next to right, step forward on right
8 Step left forward

PART B

SIDE STEP TOUCH CLAP, SIDE STEP TOUCH CLAP, ROLL VINE, TOUCH

1-2 Step right to right side, touch left next to right and clap
3-4 Step left to left side, touch right next to left and clap
5-8 Step right to right side beginning full turn right, continue turning stepping left, right moving to the right, touch left to side

HITCH SEQUENCE, LEFT SIDE SHUFFLE, ROCK STEP, & STEP

1-3 Left knee hitch across right, touch left to left side, left knee hitch across right
4&5 Shuffle side left stepping left, right, left
6-7&8 Cross rock right over left, recover taking weight on left, step right to right side, step left to left side

HITCH SEQUENCE, RIGHT SIDE SHUFFLE, ROCK STEP, & STEP

1-3 Right knee hitch across left, touch right to right side, right knee hitch across left
4&5 Shuffle side right stepping right, left, right
6-7&8 Cross rock left over right, recover taking weight on right, step left to left side, step right to right side

SAILOR SHUFFLE LEFT, SAILOR SHUFFLE RIGHT, STEP, ½ TURN RIGHT, ROCK RECOVER, ¼ TURN LEFT

- 1&2 Step left behind right, step ball of right next to left, step forward on left
3&4 Step right behind left, step ball of left next to right, step forward on right
5-6 Step left forward, pivot ½ right
7&8 Rock forward left, recover taking weight on right, step left home pivoting ¼ left on ball of right

HEEL SWITCHES, POINT, RONDE', UNWIND, HIP BUMPS

- 1&2&3 Touch right heel forward, step right next to left, touch left heel forward, step left next to right, touch right toe forward
4-5 Sweep right foot around to lock behind left
6&7&8 Unwind ¾ right (front wall) pushing left hip back, right hip forward, left hip back, right hip forward, left hip back

SIDE STEP TOGETHER, SHUFFLE FORWARD, ROCK STEP FORWARD, COASTER STEP

- 1-2 Step right to right side, step left next to right
3&4 Shuffle right forward stepping right, left, right
5-6 Step left forward, recover taking weight on right
7&8 Step back on left, step right next to left, step forward on left

KICK, KICK ¼ TURN RIGHT, COASTER STEP, STEP, ¼ TURN RIGHT, FRONT SAILOR SHUFFLE

- 1-2 Kick right forward, pivot ¼ right on ball of left as you kick right forward again
3&4 Step back on right, step left next to right, step forward on right
5-6 Step left forward, pivot ¼ right
7&8 Step left in front of right, step right to right side, step left to left side

STEP & POINT, STEP & POINT, STEP & POINT, STEP, POINT, TURN ½ RIGHT

- 1-2 Step right forward across left, touch left to left side
3-4 Step left forward across right, touch right to right side
5-6 Step right forward across left, touch left to left side
&7-8 Step left next to right, touch right to side, Monterey turn ½ to right (should be at front wall)

HAND MOTION ONLY, HAND MOTION ONLY, SLAP HIPS, HIP ROLL

- 1-3 Right hand palm out fingers spread pull across face
4-5 Circle right arm to the right snap right to side waist level, circle left arm to the left snap left side waist level
&6&7&8 Slap right hip, slap left hip, clap, to the left hip roll

TAG 1

SHUFFLE FORWARD, STEP, ½ TURN RIGHT, SHUFFLE TURN ½ RIGHT, ROCK STEP

- 1&2 Shuffle right forward stepping right, left, right
3-4 Step left forward, pivot ½ turn right
5&6 Making a ½ turn right, shuffle forward left, right, left
7-8 Rock back right, recover taking weight on left

SHUFFLE FORWARD, STEP, ½ TURN RIGHT, SHUFFLE TURN ½ RIGHT, ROCK STEP

- 1&2 Shuffle right forward stepping right, left, right
3-4 Step left forward, pivot ½ turn right
5&6 Making a ½ turn right, shuffle forward left, right, left
7-8 Rock back right, recover taking weight on left

TAG 2

WALK, WALK, WALK, WALK

- 1-4 Step right forward, step left forward, step right forward, step left forward

