

Smooth

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Jim Morrison
音乐: Smooth (feat. Rob Thomas) - Santana



¼ TURN LEFT, HOLD, PIVOT, HOLD, ROCK, ROCK, SHUFFLE (3:00)

1-6 Step left to left ¼ turn, hold, pivot ½ turn left on the ball of left as you step back right, hold, rock back left, rock forward right
7&8 Shuffle forward left-right-left (3:00)

FORWARD. HOLD, PIVOT, HOLD, ROCK, ROCK, SHUFFLE (9:00)

1-6 Step right forward, hold, pivot ½ turn right on the ball of right as you step back left, hold, rock back right, rock forward left,
7&8 Shuffle forward right-left-right. (9:00)

ROCK FORWARD, ROCK BACK, ¾ TURN (BACK) TRIPLE STEP

1-2 Rock forward left, rock back right
3&4 ¾ turn left, left-right-left. (12:00)

TOUCH, FRONT, SIDE, SAILOR STEP

1-2 Touch right foot front, side
3&4 Step right behind left, step left to left & step right slightly forward (sailor step)
5-6 Touch left foot front, side
7&8 Step left behind right, step right to right & step left slightly forward (sailor step)

STEP FORWARD, ½ TURN, COASTER STEP

1-2 Step forward right, ½ turn to the right, step back left
3&4 Step back right, step left together, step right forward (right coaster) (6:00)
5-6 Step forward left ½ turn to the left, step back right
7&8 Step back left, step right together, step left forward (left coaster) (12:00)

SHUFFLE FORWARD, ROCK, SHUFFLE BACK, ROCK

1&2 Shuffle forward right-left-right
3-4 Rock forward left, rock back right
5&6 Shuffle back left-right-left
7-8 Rock back right, rock forward left

ROCK, SYNCOPATED LEFT, ROCK, SYNCOPATED RIGHT

1-2 Rock right to side, weight on left
3&4 Step right behind left, left to side, right in front of left
5-6 Rock left to side, weight on right
7&8 Step left behind right, right to side, left in front of right

ROCK, ¾ TURN (BACK) TRIPLE STEP, ROCK, ¾ TURN (BACK) TRIPLE STEP

1-2 Rock forward right, rock back left,
3&4 ¾ turn right right-left-right (9:00)
5-6 Rock forward left, rock back right
7&8 ¾ turn left left-right-left (12:00)

ROCK, ½ TURN, TRIPLE STEP (6:00)

1-2 Rock forward right, rock back left
3&4 ½ Turn right right-left-right (6:00)

REPEAT

RESTART

6th wall (back), after count 44&1

FINISH

After count 20 rock forward right, back on left $\frac{1}{2}$ turn right (right, left, right) (front)
