

Smooth As Silk

拍数: 40 墙数: 4 级数: Intermediate
编舞者: Roz Morgan (USA)
音乐: Smooth (feat. Rob Thomas) - Santana



CROSS, STEP, SHUFFLE, CROSS, STEP, SHUFFLE

- 1 Cross right foot over left foot
- 2 Step left foot to left side
- 3 Step right foot across left foot
- & Step left foot to left side
- 4 Step right foot across left foot
- 5 Cross left foot over right foot
- 6 Step right foot to right side
- 7 Step left foot across right foot
- & Step right foot to right side
- 8 Step left foot across right foot

ROCK, RECOVER, ROCK, RECOVER, SHUFFLE ½ TURN, SHUFFLE ½ TURN

- 1 Rock forward on right foot
- 2 Recover on left foot
- 3 Rock forward on right foot
- 4 Recover on left foot
- 5&6 Shuffle right, left, right as you turn ½ to right (6:00:00)
- 7&8 Shuffle left, right, left as you turn ½ to right (back to 12:00:00)

KICK BALL ¼ TURN, KICK BALL ¼ TURN, BODY ROLL, POINT, HOLD

- 1 Kick right foot forward
- & Step right foot into ¼ turn left
- 2 Change weight to left foot
- 3 Kick right foot forward
- & Step right foot into ¼ turn left
- 4 Change weight to left foot
- 5 Step slightly forward with right foot and bend knees
- 6 Push body forward as you rise
- 7 Point left toe forward (no weight)
- 8 Hold

SAILOR SHUFFLES, TOUCH, TURN, ROCK, RECOVER

- 1&2 Sailor shuffle left, right, left
- 3&4 Sailor shuffle right, left, right
- 5 Touch left toe behind right foot
- 6 Unwind ½ turn to left (weight on left foot)
- 7 Rock right foot to right side
- 8 Recover on left foot

MODIFIED VINE, ¼ TURN, ½ TURN, SHUFFLE, STOMP, KICK

- 1 Step right foot to right side
- 2 Step left foot behind right foot
- 3 Step ¼ turn right on right foot
- 4 Spin ½ turn to right on right foot
- 5&6 Shuffle forward left, right, left

- 7 Stomp right foot in place
- 8 Kick right foot forward

REPEAT
