

Smooth Groove

COPPER KNOB
BY STEPHEN

拍数: 48 墙数: 4 级数: Intermediate/Advanced
编舞者: Debbie Small (USA)
音乐: Smooth (feat. Rob Thomas) - Santana



SIDE SHUFFLE, ROCK-STEP

1&2 Step right-foot to side right; (&) step left-foot next to right-foot; (2) step right-foot to side right
3-4 Cross-rock left-foot across right-foot; step right-foot in place

SIDE SHUFFLE, STEP, PIVOT/ HOOK

5&6 Step left-foot to side left; (&) step right-foot next to left-foot; (6) step left-foot to side left
7-8 Step right-foot forward (weight on right-foot); (8) pivot ½ left as you hook left-foot across right shin (6:00)

STEP-LOCK-STEPS FORWARD, STOMP, SWEEP, TURN, KICK

1&2 Step left-foot forward; (&) step right-foot behind left-foot (right toe to left of left heel); (2) step left-foot forward
3&4 Step right-foot forward; (&) step left-foot behind right-foot (left toe to right of right heel); (4) step right-foot forward
5-6 Stomp left-foot slightly forward of right-foot; (6) sweep right-foot forward in front of left toe
7-8 On ball of left-foot, sweep right-foot ½ turn right (12:00); (8)kick right-foot forward

STEP-LOCK-STEP; ROCK-STEP, CROSS, ROCK-STEP, CROSS

1&2 Right-foot step forward; (&) left-foot step behind right-foot (left-toe to right of right-heel); (2) right-foot step forward
3&4 Left-foot rock side left; (&) right-foot step in place; (4) left-foot cross step across right-foot
5&6 Right-foot rock side right; (&) left-foot step in place; (6) right-foot cross step across left-foot
7-8 Touch left-toe forward diagonal left; (8) flick left-foot back diagonal left

CROSS OVER, SIDE, CROSS OVER, SIDE, CROSS BEHIND, SIDE, CROSS OVER; CROSS, UNWIND, BODY ROLL

1&2 Cross left-foot over right-foot; (&) step right-foot side right; (2) cross left-foot over right-foot
&3& (&) Step right-foot side right ; (3) cross left-foot behind right-foot; (&) step right-foot side right
4 Step left-foot across right-foot
5-6 Step right-foot across left-foot; (6) unwind ¾ left (weight on both feet) (3:00)
7-8 Bending both knees, unroll body upward (end with weight on left foot)

TAP, SIDE, TOGETHER (3X); BUMP LEFT, RIGHT, LEFT

1&2 Tap right-foot next to left-foot; (&) step right-foot side right; step left-foot next to right-foot
3&4 Tap right-foot next to left-foot; (&) step right-foot side right; step left-foot next to right-foot
5&6 Tap right-foot next to left-foot; (&) step right-foot side right; step left-foot next to right-foot
7&8 Bump hips left, right, left

STEP, PIVOT, SWIVELS (2X)

1-2 Right-foot step forward, (2) pivot ¼ left on balls of both feet (toes pointing left) (12:00)
3-4 Right-foot step forward swivel (toes pointing right); (4) left-foot step forward swivel (toes pointing left)
5-6 Right-foot step forward, (2) pivot ¼ left on balls of both feet (toes pointing left) (9:00)
7-8 Right-foot step forward swivel (toes pointing right); (4) left-foot step forward swivel (toes pointing left)

REPEAT

After the 6th wall, repeat swivel steps right, left, right, left (#43-44, 43-44) for the 4-count tag; continue from beginning.
