

# Smooth Sailing

拍数: 36      墙数: 1      级数: Improver  
编舞者: Norman Dery (CAN)  
音乐: Smooth Sailing - Nana Mouskouri



1-3            Left foot forward; right foot forward; left foot forward  
4-6            Right heel forward no weight; right foot to rear; left foot rear  
7-8            Right foot rear; left foot pointed to rear

## KICK BALL CHANGE

9&10          Left foot kick forward; left foot rear; right foot in place  
11&12        Left foot kick forward; left foot rear; right foot in place  
13-14        Left foot forward; right foot in place ½ turn right  
15-16        Left foot forward; right foot in place ½ turn right

## FOUR ONE QUARTER TURN LEFT

17-18        Left foot forward 1/8 turn left; right foot to right side 1/8 turn left  
19-20        Left foot next to right; right foot rear 1/8 turn left  
21-22        Left foot to left side 1/8 turn left; right foot next to left  
23-24        Left foot to left side 1/8 turn left; right foot to right side 1/8 turn left  
25-26        Left foot next to right; right foot rear 1/8 turn left  
27-28        Left foot to left side 1/8 turn left; right foot next to left

## SHUFFLE LEFT SHUFFLE RIGHT

29&30        Left foot to left side; right foot next to left ;left foot to left side  
&31-32       Right foot next to left; left foot to left side; right foot next to left no weight  
33&34        Right foot to right side; left foot next to right; right foot to right side  
&35-36       Left foot next to right; right foot to right side; left foot next to right no weight

## REPEAT

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