

Smooth Sailin'

拍数: 32 墙数: 4 级数: Improver
编舞者: Bob Reid (USA)
音乐: Smooth Sailin' - T.G. Sheppard



WALK, WALK, CROSS ROCK, STEP, TURN ¼, SIDE SHUFFLE

1-2 Step forward right, step forward left
3&4 Cross right over left, recover onto left, step side right
5-6 Cross left over right, step right to right with ¼ turn left
7&8 Step side left, together right, side left

CROSS ROCK, CROSS ROCK, TURN ¾, STEP, TOUCH

1&2 Cross right over left, recover onto left, step side right
3&4 Cross left over right, recover onto right, step side left
5&6 Turn ¾ left as you shuffle right, left, right
7-8 Step back on left, touch right toe forward

WALK, WALK, TURNING JAZZ BOX, CROSS, SIDE, HEEL, TOE, TOUCH

1-2 Step forward right, step forward left
3&4 Cross right over left, step left to left with ¼ turn right, step right to side
5-6 Cross left over right, side right
7&8 Left heel to right, left toe to right, touch left toe beside right

COASTER STEP, SHUFFLE TURN ½, ROCK, RECOVER, KICK BALL TOUCH

1&2 Step back left, together right, forward left
3&4 Make ½ turn left while shuffling forward, right, left, right
5-6 Rock back left, recover on right
7&8 Kick left foot forward, step left next to right, touch right toe next to left

REPEAT

TAG

The first tag occurs after the first rotation, facing the 9:00 wall, and the second tag after the 6th rotation, facing the 6:00 wall

1-2-3-4 Step forward right, pivot ½ left, step forward right, pivot ½ left