

Smooth Sailin' (Long Version)

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Bob Reid (USA)
音乐: If You're Waiting On Me - The Kendalls



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, CROSS, TURN ½, COASTER STEP, KICK BALL TOUCH

1&2 Step back left, together right, forward left
3-4 Cross right over left, turn ½ left on balls of feet (weight on right)
5&6 Step back left, together right, forward left
7&8 Kick right foot forward, step right next to left, touch left toe next to right

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

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

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

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

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

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

COASTER STEP, CROSS, TURN ½, COASTER STEP, JAZZ BOX

1&2 Step back right, together left, forward right
3-4 Cross left over right, turn ½ right on ball of feet (weight on left)
5&6 Step back right, together left, forward right

7&8

Cross left over right, step right to right with $\frac{1}{4}$ turn left, step forward left

REPEAT
