Smooth 2 Da Groove



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音乐: Coco Jamboo - Mr. President



CAT WALK FORWARD, STEP LOCK FORWARD, FORWARD ROCK-RECOVER, ANGLE SHUFFLE BACK

1 Cross step right in front of left (while clicking fingers)
2 Cross step left in front of right (while clicking fingers)

3 Step right forward

&4 Step left up behind right, step forward on right

5 Step (rock) left forward, while slightly lifting right off floor

6 Lower right back to floor (recover)

7&8 Turn slightly at an angle left, shuffle backward stepping (left-right-left)

ANGLE SHUFFLE BACK, BACK ROCK-RECOVER, SIDE SHUFFLE, MAMBO CROSS

9&10 Turn slightly at an angle right, shuffle backward stepping (right-left-right)

11 Step (rock) left backward, while slightly lifting right off floor

Lower right back to floor (recover)

Shuffle left stepping (left-right-left)

15 Cross step (rock) right in front of left, while bringing left foot up behind right knee

16 Step left back to floor

SIDE SHUFFLE (RIGHT), MAMBO CROSS, ¾ TURN (LEFT), CROSS HOOK

17&18 Shuffle right stepping (right-left-right)

19 Cross step (rock) left in front of right, while bringing right foot up behind left knee

20 Step right back to floor

21 Turning ¼ turn left, step left forward

22 Pivot on (ball of) left foot ¼ turn left, stepping right out to side 23 Pivot on (ball of) right foot ¼ turn left, stepping left backward

24 Cross hook right in front of left

When doing this slightly bend forward, like you are taking a bow throwing your hands out to side

EXTENDED STEP-LOCK FORWARD, ½ PIVOT (LEFT), FULL TURN (LEFT)

25 Step right forward

&26 Step left up behind right, step forward on right

27 Step left forward

&28 Step right up behind left, step forward on left

29 Step right forward

30 On (balls of) both feet, pivot ½ turn left 31 Step right forward and spin 1 full turn left

32 Step left forward

Instead of the full spin, you can just walk forward

REPEAT