

Smoothie

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Kate Sala (UK)
音乐: Smooth (feat. Rob Thomas) - Santana



½ PIVOT RIGHT, TRIPLE ½ RIGHT, BACK LOCK STEP, MAMBO STEP

1-2 Step forward left, ½ pivot right
3&4 ½ turn right stepping left, right, left
5&6 Step back right, lock step left in front of right, step back right
7&8 Step back left, step right in place, step forward, left

FORWARD LOCK STEP, SIDE ROCK LEFT, RIGHT, SAILOR STEP, CROSS, UNWIND

1&2 Step forward right, lock step left behind right, step forward right
3-4 Rock step left to the left side, step right in place
5&6 Cross left behind right, step right to right side, step left in place
7-8 Cross step right behind left, unwind full turn right

ROCK LEFT, STEP RIGHT, CROSS, HOLD, SYNCOPATED CHASSE LEFT, CROSS, HOLD

1-2 Rock step left to left side, step right in place
3-4 Cross step left over right, hold for 1 count
&5&6 Small step right in place, step left to left side, step right next to left, step left
7-8 Cross step right over left, hold for 1 count

COASTER STEP, ½ PIVOT, ROCK AND CROSS, ROCK AND CROSS

1&2 Step back left, step right next to left, step forward left
3-4 Step forward right, ½ pivot left
5&6 Rock step right to right side, step left in place, cross step right over left
7&8 Rock step left to left side, step right in place, cross step left over right

TOUCH, ¼ PIVOT, COASTER TURN, ½ PIVOT, FORWARD LOCK STEP

1-2 Touch right toe to right side, ¼ pivot right
3&4 Step back right with ¼ turn right, step left next to right, step forward right
56 Step forward left, ½ pivot right
7&8 Step forward left, lock step right behind left, step forward left

SYNCOPATED TOE TOUCHES, CROSS, UNWIND, STOMP,

1&2 Touch right toe to right side, step right next to left, touch left toe to left side
&3& Step left next to right, touch right toe forward, step right next to left
4&5 Touch left toe forward, step left next to right, touch right toe to right side
6-7-8 Cross right over left, unwind ¾ turn left, stomp right in place

REPEAT