

So Smooth

拍数: 96 墙数: 1 级数: Advanced
编舞者: Anthony Lee (USA)
音乐: Smooth (feat. Rob Thomas) - Santana



SIDE ROCK STEP, CHA-CHA CROSS TRIPLE FORWARD

1-2 Step left to left side (feet now slightly apart), shift weight to right foot
3 Shift weight onto left foot (using Cuban motion)
4&1 Step right forward, step left up to right & behind (5th position), step right forward

¼ TURN RIGHT WITH SYNCOPATED SIDE ROCK LEFT, ½ TURN RIGHT WITH SIDE STEP LEFT, ¼ TURN RIGHT, FULL SPIN RIGHT

2& Turn ¼ right as you rock left to left side, step right in place
3 Turn ½ right as you step left to left side
4&1 Turn ¼ right as you step right forward, step left up next to right & spin a full turn over counts &1

Make sure you transfer weight to left foot. This is known as either a Platform Spin or a Pencil Turn

Styling: Arms should be raised at sides as if making a "muscle man" pose. Hands don't have to be in fists.

You can relax the arms upon completion of the spin.

SYNCOPATED TOE TOUCHES FORWARD, KICK, STEP TOUCH, CHA-CHA, CROSS TRIPLE FORWARD

2& Touch right toe forward, step right next to left
3& Touch left toe forward, step left next to right
4& Touch right toe forward, step right next to left
1& Touch left toe forward, step left next to right
2&3 Kick right forward, step right back (5th pos), touch left toe forward

This is like a kick, ball, change, but you will end up touching the left toe with the knee slightly bent, heel up, instead of changing weight. Your body will be slightly angled to the right with the left shoulder slightly forward.

4&1 Step left forward, step right up to and behind left (5th pos), step left forward

¼ TURN LEFT WITH SLOW SIDE ROCK, ½ TURN LEFT WITH SLOW SIDE ROCK

2-3 Turn ¼ left as you step right to right side, shift weight to left foot
4-1 Turn ½ left as you step right to right side, shift weight to left foot

On these turns you body will first face 9:00, then 3:00. When your body is at 3:00 you will be looking to 12:00 and preparing to go towards 12:00. Actually you don't square off completely to 3:00. The body should end up more at 2:00. I am using clock notation so that you will know that these turns are sharp and not smoothly rounded

SYNCOPATED CROSS STEPS TRAVELING FORWARD, CROSS OVER BREAK (ROCK STEP)

2& Step right up to and behind left (5th), step left forward (12:00)
3& Step right up to and behind left (5th), step left forward
4-1 Step right up to and behind left (5th), step left forward (notice there is no "&" on this one)
2-3 Rock right forward and across left, step left in place

You should now be more toward 12:00

2 SETS OF CHA-CHA CROSS TRIPLES TRAVELING BACKWARD

4&1 Step right back, cross left over right, step right back
2&3 Step left back, cross right over left, step left back

Remember: when you are traveling backward, angle your body first to the right, then left as you dance these triples to make them more comfortable. You might try stepping the right back in 5th position on the right cross triple, then step the left back in 5th on the left cross triple. You will still be at the 12:00 wall. Your body will just have angled to the corners as you move backward

1 & ¼ SPIN RIGHT, KNEE BEND (PLIE'), KNEES TWIST LEFT, CENTER, HIP ROLL TO THE LEFT

When dancing this to the song "Smooth", on the 2nd repetition, don't do the following knee bends. Just hold, then twist the knees to the left

4-1 Start to turn right as you swivel onto right foot, completing a 1 & ¼ spin right

This is a platform or pencil turn. The feet are together. End facing 3:00 wall

2-3 Bend both knees, then straighten

4-1 Twist both knees to the left, center

You will have to go up onto the balls of your feet to do this. Yes you could think of this as twisting both heels to the right, center. However, this is more of a body movement, not just a foot movement

2-3 Place left toe forward (no weight) & roll hips to the left (left to right)

End up with weight still on right foot. You are sitting back slightly with hip out to the right

CHA-CHA CROSS TRIPLE FORWARD, CROSS OVER ROCK, CHA-CHA TURNING FULL RIGHT

4&1 Step left forward towards 12:00, step right up behind left (5th position), step left forward

2-3 Cross rock right over left, step left in place (cross over break)

4&1 Start to turn right as you cross right behind left, step left in place turning, step right in place turning

The feeling is similar to doing a sailor shuffle, except that you will turn a full turn

SYNCOATED CROSS OVER BREAKS, CHA-CHA TURNING ½ LEFT

2&3 Cross rock left over right, step right in place, step left to left side

&4-1 Cross rock right over left, step left in place, hold

You will start to move your right foot to the right side during count 1, you just will delay in stepping on it

2&3 Step right to right side, cross rock left over right, step right in place

4&1 Turn ½ left while you cross left behind right, step right in place, step left in place

FORWARD TRAVELING CROSS OVER ROCK STEPS, FORWARD ROCK, CHA-CHA BASIC BACK WITH ½ TURN RIGHT AT THE END OF THE BASIC

2&3 Step right diagonally forward & to the right, step left forward and across right, step right up behind left (5th position)

4&1 Step left diagonally forward & to the left, step right forward and across left, step left up behind right (5th position)

2-3 Rock right forward, step left in place

4&1 (Cha-cha back) step right back, step left back, step right back & turn ½ right on count 1

2 CHA-CHA TRIPLES FORWARD, STEP FORWARD, LOCK, UNWIND FULL SPIN RIGHT

2&3 Left cha-cha forward (left, right, left)

4&1 Right cha-cha forward (right, left, right)

2-3 Step left forward, lock cross right up behind left

4-1 Unwind turning a full turn right

STEP OUT, OUT, IN, IN, STEP BACK IN 5TH, POINT LEFT FORWARD, ROLL HIPS, LEFT THEN RIGHT

2 Hold

&3&4 Step right to right side, step left to left side, step right in to center, step left in to center

&1 Step right back behind left (5th pos) count, touch left toe forward

When you touch the left forward, pull up the heel and bend the knee slightly for a "Latin Pose"

2-3 Roll hips to the left counts 2-3

4-1 Roll hips to the right keeping weight on right counts 4-1

STEP FORWARD, TOGETHER, FORWARD, TURNING ½ RIGHT

2-4 Step left forward, step right up next to left, step left forward

1 Sharply turn ½ right keeping weight on the left foot

3 FORWARD CHA-CHA TWINKLES (GUA-PA-CHA) FOOTWORK)

2&3 Step right forward & across left, step left to left side, step right next to left (right diagonal)

- 4&1 Step left forward and across right, step right to right side step left next to right (left diagonal)
2&3 Step right forward & across left, step left to left side, step right next to left (right diagonal)

STEP FORWARD, TURN ½ RIGHT, BEND KNEES, STRAIGHTEN

- 4 Step left forward squaring off to the wall (6:00)
1 Sharply turn ½ right keeping weight back on the left foot (facing 12:00)
2-3 Bend both knees, straighten putting weight onto right foot

This can be done using upper rib cage movement (contraction)

STEP FORWARD, POSE ARMS WHILE PUMPING RIGHT HEEL

- 4 Sharply turn ½ left keeping weight back on the right foot (facing 6:00)
1 Hold and raise arms over head grabbing right wrist in left hand
2-4 Raise & lower right heel (2, 3, 4 refers to the heel lowering) while spreading arms opening out to sides at chest level, palms up-turned
& Sharply turn ½ right keeping weight forward on the right foot (facing 12:00)

REPEAT

When dancing this as a demo, use the last section to start the routine starting on 5,6,7,8 of the intro. Start with your back to the audience
