

Carlos & Me

COPPERKNOB
STEPSHEETS

拍数: 96 墙数: 4 级数: Intermediate
编舞者: Vickie Schermbeck Normile (USA)
音乐: Smooth (feat. Rob Thomas) - Santana



MAMBO STEPS STARTING ON RIGHT

1-2 Rock forward on right; recover left
3-4 Rock back on right, recover left
5-8 Repeat 1-4

The left foot barely lifts off of the floor.

STRUT WIGGLE STEPS STARTING ON RIGHT

1&2 Step slightly forward on right while wiggling hips
3&4 Step slightly forward on left while wiggling hips
5-8 Repeat 1-4

8 COUNT VINE TO THE RIGHT

1-3 Step to right on right, step left behind right, step right on right
4-6 Step left in front of right, step to right on right, step left behind right
7-8 Step right on right, touch left beside right.

8 COUNT VINE TO THE LEFT

1-3 Step to left on left, step right behind left, step left on left
4-6 Step right in front of left, step to left on left, step right behind left
7-8 Step left on left, touch right beside left.

STRUT WIGGLE STEPS GOING BACK

1&2 Step slightly back on right while wiggling hips
3&4 Step slightly back on left while wiggling hips
5-8 Repeat 1-4

RIGHT GRAPEVINE, LEFT GRAPEVINE

1-8 Right grapevine, left grapevine

BUMP HIPS TWICE TO RIGHT; TWICE TO LEFT, TWO BODY ROLLS

1-4 Bump hips twice to right; twice to left
5-8 Two body rolls

WALK FORWARD 2 STEPS; FULL TURN; WALK FORWARD 2 STEPS; 2 KICKS

1-2 Step forward on right, step forward on left
3 Step on right while spinning full turn left
4-5 Step down on left, step forward on right
6-8 Step forward on left, kick right foot twice

WALK BACK 2 STEPS; FULL TURN; WALK BACK 2 STEPS; TOUCH RIGHT FOOT NEXT TO LEFT; HOLD 1 COUNT

1-2 Step back on right, step back on left
3-4 Step on right while spinning a full turn left, step down on left
5-6 Step back on right, step back on left
7-8 Touch right foot next to left, hold one count

2 SEXY SIDE STEPS FORWARD STARTING ON RIGHT

1-4 Two sexy side steps forward starting on right
5-6 Rock forward on right; back on left
7-8 Turning $\frac{1}{4}$ to the right; rock on right, recover left

3 TRIPLE STEPS FORWARD, $\frac{1}{2}$ PIVOT TURN

1&2 Right, left, right
3&4 Left, right, left
5&6 Right, left, right
7-8 Step forward on left and pivot $\frac{1}{2}$ turn to the right

3 TRIPLE STEPS FORWARD, $\frac{1}{2}$ PIVOT TURN

1&2 Left, right, left
3&4 Right, left, right
5&6 Left, right, left
7-8 Step forward on right and pivot $\frac{1}{2}$ turning to the left

REPEAT
