

Cha Cha Smooth

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Joshua Talbot (AUS) & Linda Burgess (AUS) - March 2008
音乐: Smooth (feat. Rob Thomas) - Santana



Intro: 32 counts

- 1,2,3&4 Walk fwd R, L, turn ½ L & step back R, step L beside R, step back R
5&6,7&8 Step L back, step R beside L, step L back, step R back, L beside R, step R fwd
- 1,2,3&4 Walk fwd L, R, turn ½ R & step back L, step R beside L, step back L
5&6,7&8 Step R back, step L beside R, step R back, step L back, R beside L, step L fwd ##
- 1&2,3&4 Cross/step R over L, step L to L, step R in place, cross/step L over R, step R to R, step L in place
5&6&7&8 Cross/step R over L, step L to L, cross/step R over L, step L to L, cross/step R over L, step L to L, cross/step R over L (Traveling slightly fwd)
- 1&2,3&4 Cross/step L over R, step R to R, step L in place, cross/step R over L, turn ¼ R & step back L on ball of foot, step R to R
5&6&7&8 Cross/step L over R, step R to R, cross/step L over R, step R to R, cross/step L over R, step R to R, cross/step L over R (Traveling slightly fwd)
- 1,2,3&4 Step back R, lock L in front of R, step back R, step L beside R, step back R (Traveling back at a slight 45° R)
5,6,7&8 Rock/step back L, replace weight to R, turn ½ R & step back L, step R beside L, step back L
- 1,2,3&4 ¼ R step R to R, cross/step L over R, step R to R, step L beside R, step R to R
5,6,7&8 Cross/touch L in front of R, full turn unwind R (weight on R), turn ¼ R & step L back, step R beside L, step L back
- 1,2,3,4 Rock R back, replace Weight L, step R fwd, hitch L & turn ½ R on ball of R
5&6,7,8 Touch L to L, step L beside R, Touch R to R, slowly drag R together for 2 counts
(optional: Brush R hand up the side of R leg, during the slow drag)
- 1,2&3,4& Rock/step fwd R, replace weight to L, step R beside L, rock/step fwd L, replace weight to R, step L beside R,
5,6,7&8 Big step to R dragging L, touch L beside R, Keeping L heel in the air, bump hips L, R, L transferring weight L on count 8.

Wall 2 Repeat last 8 counts

Wall 3 Dance counts 1-16 then restart

Wall 5 Repeat last 8 counts then add R mambo fwd, L mambo back

Wall 6 Repeat last 8 counts