

# Smooth and Simple

拍数: 32                      墙数: 2                      级数: High Beginner  
编舞者: Lynne Martino (USA) - June 2009  
音乐: Suavemente (Radio Edit) - Paul Cless



Note: Can be used as a floor split for Cuban Kiss by Niels Poulsen

Country alternative: Everybody's Here by Brad Paisley, "America Saturday Night" 2009 album

## (1-8) STEP TOGETHER, CHAISSE, CROSS ROCK, RECOVER, STEP, CROSS

1,2                      Step R to right side (1), step L next to R (2)  
3&4                     Step R to right side (3), step L next to R (&), step R to right side (4)  
5,6                     Cross rock L over R (5), recover on R (6)  
7,8                     Step L to left side (7), cross R over L (8)

## (9-16) STEP TOGETHER, CHAISSE, FULL TURN\*, CROSS, RECOVER

1,2                     Step L to left side (1), step R next to L (2)  
3&4                     Step L to left side (3), step R next to L (&), step L forward ¼ left (4)  
5,6                     Step R back ½ left (5), step L ¼ left to left side (6)  
7,8                     Cross rock R over L (7), recover on L (8)

\*Non-turn option: See below

## (17-24) ¼ TURN, ROCK, RECOVER, STEP, ROCK, RECOVER, ROCK, RECOVER, ¼ TURN, STEP, STEP

1,2 & S                tep R forward ¼ right (1), rock L to left side (2), recover on R (&),  
3,4 &                   Step L forward (3), rock R to right side (4), recover on L (&)  
5,6                     Rock R forward (5), recover on L (6)  
7,8                     Step R ¼ right to side (7), step L next to R (8)

Option for cts 1,2& 3,4&: Step R forward ¼ right (1), point L to left side (2)

Step L forward (3), Point R to right side (4)

## (25-32) STEP TOGETHER, CHAISSE, ROCK, RECOVER, STEP, ROCK, RECOVER

1,2                     Step R to right side (1), step L next to R (2)  
3&4                     Step R to right side (3), step L next to R (&), step R to right side (4)  
5&6                     Cross rock L over R (5), recover on R (&), step L to left side (6)  
7,8                     Cross rock R over L (7), recover on L (8)

\*Non turn option:

1,2                     Step L to left side (1), Step R next to L (2)  
3&4                     Step L to left side (3), step R next to L (&), step L to left side(4)  
5,6                     Cross R over L (5), Step L to left side (6)  
7,8                     Cross rock R over L (7), recover on L (8)

Choreographer Info: Lynne Martino, Wiska51@aol.com, www.lynnedancecrew.com