

Sara Smile

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate NC
编舞者: Michael Barr (USA) - February 2011
音乐: Sara Smile - Hall & Oates



Sequence: The phrasing for each wall of the dance is as follows:

Wall 1; 1-32 / Wall 2; 1-16, 8 ct. tag, 17-32 / Wall 3; 1-32

Wall 4; 1-16, 8 ct. tag, 17-32 / Wall 5; 1-32 / Wall 6; 1-32

[1-8] SIDE, BEHIND, ¼ R, FORWARD, ½ R, ¼ TOUCH - ROCK-RETURN-SIDE, BEHIND, SIDE, CROSS

- 1-2& Step R side right; Step L behind right; Turn ¼ right stepping R forward 3 o'clock
3 & 4 Step L forward; Turn ½ right onto R; Turn ¼ R on ball of right touching L side left 12 o'clock
***1-4 Easier Option: (1) Step R side Right; (2&3) Sailor step; (&) Step R behind L: (4) Touch L side left**
5 & 6 Rock L behind right; Return weight to R in place; Step L side left
7 & 8 Step R behind L; Step L side left; Step R in front of L

[9-16] STEP SIDE, TOUCH, SHIFT wt. REPEAT - SYNCOPATED CROSS ROCK & CROSSING 1/2 TURN L

- &1-2 Step L side left; Touch R next to L, push L hip left w/ bent R knee; Shift wt. R, pushing R hip right w/ bent L knee
&3-4 Step L side left; Touch R next to L, push L hip left w/ bent R knee; Shift wt. R, pushing R hip right w/ bent L knee
&5&6 Step L side left; Cross-rock R in front of L; Return weight to L in place; Step R side right
7&8& Step L in front of R; Turn ¼ left, step back on R; Turn ¼ left, step L side left; Cross R in front of L 6 o'clock

Note: On walls 2 & 4 add the tag here and then just continue the dance with counts 17 - 32.

[17-24] BASIC NIGHT CLUB w/ 1/4 LEFT - FULL TURN LEFT, SYNCOPATED COASTER STEP

- 1-2& Step L side left; Rock R behind L; Return weight to L in place
3-4& Step R side right; Rock L behind R; Return weight to R in place
5-6& Turn ¼ left stepping forward on L; Turn ½ left stepping back on R; Turn ½ left stepping forward on L 3 o'clock
5-6& Easy Option: Turn ¼ left stepping forward on L; Walk forward on R; Walk Forward on L 3 o'clock
7&8& Step forward on ball of R; Step ball of L next to R; Small step back on ball of R; Small step back on L

[25-32] BACK, BACK, BACK, COASTER - SYNCOPATED CROSS STEPS (moving forward)

- 1-2-3 Big step back on R; Big step back on L; Big step back on R (drag other foot along floor on these step backs)
4 & 5 Small step back on L to left diagonal; Small step back on R next to L; Step L forward in front of R
& 6 & Rock step on ball of R side right; Return weight to L in place; Step R forward in front of L
7 & 8 Rock step on ball of L side left; Return weight to R in place; Step L forward in front of R

REPEAT

Walls 2 & 4 add these 8 counts after count 16.

TAG TOUCH, HOLD & TOUCH, HOLD & TOUCH, HOLD, HOLD, HOLD

- 1-2 Touch L side left (point both index fingers forward – on the word “You”); Hold
&3-4 Step L to center; Touch R side right (point both index fingers to your chest – on the word “Me”); Hold
&5-6 Step R to center; Touch L foot forward; Tap L heel to floor
7-8 Tap heel to floor; Tap heel to floor

Note: The first time the tag is on the 9 o'clock wall and the second time the tag is on the 3 o'clock wall.

I will admit this is a bit different. Adding the "You & Me" 8 ct. tag in the middle of a phrase will be new and I hope interesting. The song, Sara Smile, has been on my mind for a long time and it's nice to finally bring something to the floor. And just for kicks at the end of wall 6 just (&) Turn ½ left onto your R and (1) Touch your L forward tapping your heel.

Contact - Web Access: www.michaelandmichele.com - Email - mbarr@saber.net
