

Smil

拍數: 32 牆數: 4 級數: Improver
編舞者: Kelli Haugen (NOR) - October 2016
音樂: "Smil" (98 bpm) by Marcus og Martinus



WALK X2, MAMBO, COASTER, HEEL BALL STEP

1,2,3&4 Walk forward on RF, LF, rock forward on RF, recover on LF, step back on RF
5&6,7&8 Step back on LF, step RF next to LF, step forward on LF, touch right heel forward, step RF next to LF, step forward on LF

DIAGONAL ROCKS, STEP, ¼ TURN, STEP, ¼ TURN

9,10,11,12 Rock RF diagonally forward right, recover on LF, rock diagonally back on RF, recover on LF (add a little bounce on these 4 counts)
13,14,15,16 Step forward on RF, ¼ turn left on LF, step forward on RF, ¼ turn left on LF (6.00)
(Hip rolls are nice here)

SIDE, CROSS BACK, SIDE, HEEL, STEP, CROSS, UNWIND FULL TURN, SWEEP, CROSS BACK, ¼ TURN STEP, STEP

17,18&19&20 Step right on RF, cross LF behind RF, step right on RF, touch right heel diagonally left, step LF next to RF, cross RF in front of LF
21,22,23&24 Unwind full turn left on RF, sweep LF from front to back, cross LF behind RF, ¼ turn right step forward on RF, step forward on LF (9.00)

Easy Option for counts 21,22

21,22 Rock left on LF, recover on RF

ROCK, RECOVER, STEP, ROCK, RECOVER, STEP, TOUCH BACK, ½ TURN, STEP, TOUCH, STEP, TOUCH

25,26&27,28& Rock forward on RF, recover on LF, step RF next to LF, rock forward on LF, recover on RF, step LF next to RF
29,30&31&32 Touch right toe back, ½ turn right on LF, step forward on RF, (3.00) touch left toe behind RF, step back on LF, touch right toe forward

Start again

Tag: □ After wall 2 do these 8 counts...(facing 6.00)

STEP, CROSS BACK, ¼ TURN STEP, STEP, ¾ TURN, STEP, TOUCH, STEP, TOUCH, STEP

1,2,3,4 Step right on RF, cross LF behind RF, ¼ turn right on RF, step forward on LF
5,6,7&8& ¾ turn right on RF, step left on LF, touch right toe next to LF, step right on RF, touch left toe next to RF, step left on LF

...Start again facing 6.00

Ending: During wall 9... Instead of doing ¼ turns on counts 14 and 16, do ½ turns so you end facing 12.00 and Smil.