

Smooth Sailin'

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Barbara Tobin (USA) - June 2017
音樂: Smooth Sailin' - Leon Bridges : (amazon)



Thank you to Lisa McCammon for her helpful suggestions!

Tag: after Walls 5 and 7

Intro: 16 counts. Start on vocals. Weight on left.

(1-8) □ Back toe fans with finger snaps x4

1,2 Step R back to diagonal, with L heel on floor let left toes fan outward, snap fingers
3,4 Step L back to diagonal, with R heel on floor let right toes fan outward, snap fingers
5,6 Step R back to diagonal, with L heel on floor let left toes fan outward, snap fingers
7,8 Step L back to diagonal, with R heel on floor let right toes fan outward, snap fingers

(9-16) □ 1/4 right turn, behind, side, cross, point, cross, point, touch, 1/4 right turn hop with back flick

1,2 1/4 right turn cross R behind L [3:00], step L to left
3,4 Cross R over L, point L to left
5,6 Cross L over R, point R to right
7,8 Touch R next to L, 1/4 right turn [6:00] hop R forward with L back flick

(17-24) L forward, 1/2 right turn sweep, rock, recover, 1/2 left turn back lock, kick

1,2 Step L forward, 1/2 right turn [12:00] sweep R front to back
3,4 Rock R back, recover L
5,6,7 1/4 left turn [9:00] step R to right, cross L over R, 1/4 left turn [6:00] step R back
8 Kick L low forward

(25-32) Back, touch, forward, touch, step, lock, 1/4 left turn, R hitch

1,2 Step L back with body leaning back (1), touch R next to L (2)
3,4 Straighten body up step R forward (3), touch L next to R (4)
5,6,7 Step L forward (5), lock R behind L (6), step L forward (7)
8 1/4 left turn on L ball [3:00], hitch R (8)

Start again....enjoy!

Last wall of dance (Wall 9) starts at [12:00]: on count 31, 1/2 left turn on L ball to face [12:00]

TAG: after Walls 5 and 7, both times start facing [3:00]

(1-8) □ Nightclub basic x2

1,2 Step R to right, hold
3,4 Rock L back, recover R
5,6 Step L to left, hold
7,8 Rock R back, recover L

(9-16) Slow cross rock with arm sweep x2

1,2 Step R to right, hold
3,4 Rock L diagonally across R, sweep left arm across body (following foot), recover R
5,6 Step L to left, hold
7,8 Rock R diagonally across L, sweep right arm across body (following foot), recover L

(17-24) Nightclub basic x2

1,2 Step R to right, hold

3,4 Rock L back, recover R
5,6 Step L to left, hold
7,8 Rock R back, recover L

(25-32) Step, arc sweep, 1/2 right turn unwind, heel bounce

1 Step R to right
2,3 Sweep L in arc on floor from L
4 Cross L over R, ending with weight on balls of both feet
5,6,7 1/2 right turn unwind [9:00] music gets quiet - keep to beat
8 Bounce heels (end with weight on L)

(33-40) Back rumba box, brush

1,2 Step R to right, close L
3,4 Step R back, hold
5,6 Step L to left, close R
7,8 Step L forward, brush R forward

(41-48) Right lock step, brush, left lock step, brush

1,2,3,4 Step R forward, lock L behind R, step R forward, brush L forward
5,6,7 Step L forward, lock R behind L, step L forward
8 Brush R forward

Please do not alter this step sheet in any way. If you would like to use it on your website, it must be used in its original format. Contact the choreographer with your questions: barbara.tobin@yahoo.com 6/30/2017rev1

Last Site Update – 21st July 2017
