

West Coast Smooth

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Glynn Rodgers (UK) - October 2019
音樂: I Believe - Jonas Brothers



Intro: 16 Counts

[1-8] WALK FORWARD, MAMBO STEP & POINT & POINT & CROSS, UNWIND ½ TURN.

- 1-2 Walk Forward Right-Left.
- 3&4 Rock Forward Right, Recover Weight On To Left, Step Right Slightly Back.
- &5 Close Left To Right, Point Right To Right Side.
- &6 Close Right To Left, Point Left To Left Side.
- &7-8 Close Left To Right, Cross Right Over Left, Unwind ½ Turn Left (Weight Remains On Left).

[9-16 &] CROSS, ROCK & CROSS, SIDE JAZZ JUMP, HIP BUMPS, STEP SIDE.

- &1 Step Right To Place, Cross Left Over Right.
- 2&3 Rock Right To Right Side, Recover Weight On To Left, Cross Right Over Left.
- &4 Jump To Left Side On To Left Foot, Close Right Beside Left Keeping Weight On Left Leg.
- &5 Bump Right Hip Right/Upwards, Bring Hip Back To Place.
- &6 Bump Right Hip Right/Upwards, Bring Hip Back To Place.
- &7-8 Bump Right Hip Right/Upwards, Bring Hip Back To Place, Step Right To Right Side.

[17-24] BEHIND & CROSS, ROCK ¼ TURN, STEP, FULL TURN, ROCK STEP.

- 1&2 Cross Left Behind Right, Step Right To Right Side, Cross Left Over Right.
- &3-4 Rock Right To Right Side, Recover Weight On To Left Turning ¼ Left, Step Forward Right.
- 5-6 Turn ½ Right Stepping Back Left, Turn ½ Right Stepping Forward Right.
- 7-8 Rock Forward Left, Recover Weight On To Right.

[25-32] SHUFFLE ½ TURN, PIVOT ½ TURN, PADDLE ¾ TURN, CROSS SHUFFLE.

- 1&2 Shuffle ½ Turn Left Stepping Left-Right-Left.
- 3-4 Step Forward Right, Pivot ½ Turn Left.
- 5 Make ¼ Turn Left On Ball Of Left Foot Pointing Right To Right Side.
- 6 Make ½ Turn Left On Ball Of Left Foot Pointing Right To Right Side.
- 7&8 Cross Right Over Left, Step Left Behind Right Heel, Cross Right Over Left.

[33-40] SIDE, BEHIND & CROSS ROCK, ROLLING VINE INTO CHASSE RIGHT.

- 1-2& Step Left Slightly To Left Side, Cross Right Behind Left, Step Left Beside Right.
- 3-4 Cross Rock Right Over Left, Recover Weight On To Left Foot.
- 5-6 Make ¼ Turn Right Stepping Forward Right, Make ½ Turn Right Stepping Back Left.
- 7&8 Turn ¼ Right Stepping Right To Right Side, Close Left To Right, Step Right To Right Side.

[41-48] SYNCOPATED JAZZ BOX, MODIFIED SAILOR STEPS.

- 1-2 Cross Left Over Right, Step Back Right.
- &3-4 Step Left To Place, Cross Right Over Left, Step Left To Left Side.
- 5&6 Cross Right Behind Left, Step Left Slightly To Left Side, Step Right To Place.
- &7-8 Cross Left Behind Right, Step Right Slightly To Right Side, Step Left Forward.

START AGAIN – NO TAGS OR RESTARTS