

拍數: 64 牆數: 4 級數: Intermediate

編舞者: Jackie Snyder (USA) & Marcie Weston 音樂: Smooth (feat. Rob Thomas) - Santana



STEP RIGHT SIDE, HOLD, TOGETHER. STEP RIGHT SIDE, HOLD, 2 PIVOT TURNS

1-2 Step right to right side, hold (weight on right)

Step left next to right, step right to right side, hold (weight on right)

Step forward on left pivot ½ turn, step forward on left pivot ½ turn

STEP LEFT SIDE, HOLD, TOGETHER. STEP LEFT SIDE, HOLD, 1/4 TURN LEFT HIP SWAYS

9-10 Step left to left side, hold (weight on left)

&11-12 Step right next to left, step left to left side, hold (weight on left)

Turning ¼ turn left step on right and sway hips forward, back onto left, forward onto right,

back on left

SHUFFLE BACK RIGHT, LEFT, RIGHT, TURN ¾ RIGHT, SHUFFLE BACK LEFT, RIGHT, LEFT ROCK BACK & FORWARD

17&18 Shuffle back right-left-right

19-20 Hook or curl left toe behind right, turn 3/4 turn to left (weight goes to right)

(You should be facing 12:00)

21&22 Shuffle back left-right-left

23-24 Rock back on right, rock forward on left

TWO ¼ TURNS RIGHT & COASTER STEP. TWO ¼ TURNS RIGHT & COASTER STEP

25-26	Turn ¼ right stepping on right, turn ¼ right back on left
27&28	Step back on right, step left next to right, step forward on right
29-30	Turn ¼ right stepping on left, turn ¼ turn right stepping back on right
31&32	Step back on left, step right next to left, step forward on left

TRAVELING FORWARD DIAGONAL CROSS & POINTS, TWO 1/4 TURNS (OR HIP ROLLS)

33&34	Step slightly forward diagonally right on ball of right, rock weight to left, cross right over left
35&36	Step slightly forward diagonally left on ball of left, rock weight to right, cross left over right
37-40	Step forward on right, turn ¼ to left (or roll hips ¼) step forward on right, turn ¼ to left
41-48	Repeat above 8 counts

RIGHT SIDE TOE STRUTS & CROSSES WITH SHOULDER SHIMMIES

49-50	Turn right toe ¼ to right (you are still facing forward) tap right heel down and shimmy shoulders while snapping your fingers as heel goes down
51-52	Cross left toe over right (left toe is facing front) step left heel down while still doing shoulder shimmies and snapping your fingers as heel goes down
53-56	Repeat above 4 counts

ROCK RIGHT, RECOVER LEFT, CROSS, HOLD, TRAVELING SIDE HIP BUMPS, 1/4 TURN LEFT, TOUCH

57-60	Rock right to right side, recover weight to left, cross right over left, hold, weight on right
61&62&	Step left to left side as you bump or raise left hip, step ball of right next to left, step left to left

side as you bump or raise left hip, step ball of right next to left

Step left into ¼ turn left, touch right heel next to left

You can substitute hip bumps with side steps traveling to left

REPEAT

RESTART

At the back wall on the 3rd repetition of dance, dance the first 24 counts only, then start dance from the beginning

TAG

Facing 12:00 on 5th repetition of dance, dance the first 8 counts of the dance, then bump hips 4 times (right, left, right, left) or for variation/styling:

1 Step forward on left and bump left hip up

& Bump right hip to right

2 Bump left hip to left downwards

& Bump right hip to right

3&4 Repeat steps 1&2& (weight ends on left)