

# Smooth 'n' Easy

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Karen Hadley (UK)  
音樂: Makin It Tonight - Fools Gold



## DOUBLE KICK RIGHT FORWARD, ROCK BACK, STEP, PIVOT HALF TURN LEFT, STEP, PIVOT QUARTER TURN LEFT

1-2            Kick right leg forward twice  
3-4            Rock back on right, rock forward on left  
5-6            Step forward on right, pivot half turn left  
7-8            Step forward on right, pivot quarter turn left (facing 3:00)

## WEAVE LEFT, CROSS ROCK, CROSS, SCUFF

1-2            Cross step right over left, step left to left side  
3-4            Cross step right behind left, step left to left side  
5-6            Cross rock right over left, rock back on left  
7-8            Cross step right over left, scuff left diagonal left forward

## CROSS, QUARTER TURN LEFT, LEFT SHUFFLE BACK, BACK ROCK, FULL TURN LEFT

1-2            Sweep left to cross step left over right, step right to right side making quarter turn left  
3&4            Step back on left, step right beside left, step back on left  
5-6            Rock back on right, rock forward on left  
7-8            Traveling forward turn a full turn left stepping, right, left, (facing 12:00)

**Easier option: counts 5-6 above, walk forward stepping, right, left**

## DIAGONAL RIGHT, TOGETHER, RIGHT, TOUCH & CLAP, SIDE, TOUCH, SIDE, TOUCH

1-2            Step right to right diagonal forward, close left beside right  
3-4            Step right to right diagonal forward, touch left beside right & clap  
5-6            Step left to left side, touch right beside left (optional click fingers)  
7-8            Step right to right side, touch left beside right (optional click fingers)

## CHASSE LEFT, BACK ROCK, KICK BALL-CROSS, SIDE TOE STRUT

1&2            Step left to left side, step right beside left, step left to left side  
3-4            Cross rock right behind left, rock forward on left  
5&6            Kick right to right diagonal, step right slightly to right side, cross step left over right  
7-8            Touch right toe to right side, drop right heel (taking weight)

## WEAVE RIGHT QUARTER TURN RIGHT, STEP, PIVOT HALF TURN RIGHT, STEP, TOUCH

1-2            Cross step left over right, step right to right side  
3-4            Cross step left behind right, step right quarter turn right  
5-6            Step forward on left, pivot half turn right  
7-8            Step forward on left, touch right toe beside left (facing 9:00)

## SIDE, TOGETHER, FORWARD, HOLD & CLAP, SIDE, TOGETHER, FORWARD, HOLD & CLAP

1-2            Step right to right side, close left beside right  
3-4            Step forward on right, hold & clap  
5-6            Step left to left side, close right beside left  
7-8            Step forward on left, hold & clap

## FORWARD ROCK, HALF SHUFFLE TURN RIGHT, FULL TURN RIGHT, FORWARD, TOUCH

1-2            Rock forward on right, rock back on left  
3&4            Shuffle half turn right, stepping: right, left, right

5-6 Traveling forward turn a full turn right stepping, left, right

**Easier option: counts 5-6 above, walk forward stepping, left, right**

7-8 Step forward on left, touch right toe beside left (facing 3:00)

**REPEAT**

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