

Smooth

拍數: 32 牆數: 4 級數: Improver
編舞者: Jill Richmond (UK) & Stuart Woods (UK)
音樂: Smooth (feat. Rob Thomas) - Santana



CROSS ROCK, CHASSE LEFT, STEP ¼ TURN, PIVOT ¾ TURN, CHASSE RIGHT

1-2 Cross rock left over right, rock back onto right
3&4 Step left to left side, close right beside left, step left to left side
5 Step right across left making ¼ turn left
6 Pivot ¾ left (to face front)
7&8 Step right to right side, close left beside right, step right to right side

BACK ROCK, CHASSE LEFT, STEP ¼ TURN, PIVOT ¾ TURN, RIGHT STEP-LOCK-STEP

9-10 Rock back diagonally on left, rock forward onto right
11&12 Step left to left side, close right beside left, step left to left side
13 Step right across left making ¼ turn left
14 Pivot ¾ left
15&16 Step forward on right, lock left behind right, step forward on right

ROCK STEP, LEFT STEP-LOCK-STEP BACK, RIGHT STEP-LOCK-STEP BACK, ROCK BACK

17-18 Rock forward on left, rock back onto right
19&20 Step back on left, lock right in front of left, step back on left
21&22 Step back on right, lock left in front of right, step back on right,
23-24 Rock back on left, rock forward onto right

SWAY LEFT, SWAY RIGHT, BEHIND-SIDE-CROSS, ROCK STEP, ¾ TRIPLE TURN RIGHT

25-26 Sway weight onto left, sway weight onto right,
27&28 Step left behind right, step right to right side, step left in front of right
29-30 Rock forward on right, rock back onto left
31&32 Triple step ¾ turn right, stepping right, left, right

REPEAT
