

Smooth As Silk

拍數: 32 牆數: 4 級數: Improver
編舞者: Debbie Mackerwicz
音樂: No One Needs to Know - Shania Twain



Standing with right diagonally forward,

- 1 Put weight on right toe
 - 2 Drop right heel in place
 - 3 Step left in place
 - 4 Step right in place (diagonally forward)
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- 5&6 Left shuffle back-back left, together right, back left
 - 7-8 Rock step back with right, step in place with left
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- 1&2 Right shuffle forward-forward right, together left, forward right
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- 3-4 Step forward with left & turn $\frac{1}{4}$ right, step in place with right
 - 5-6 Step forward with left & turn $\frac{1}{4}$ right, step in place with right
 - 7-8 Step forward with left & turn $\frac{1}{4}$ right, step in place with right
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- 1&2 Left shuffle to left side - step side left, together right, step side left
 - 3-4 Rock step diagonally back behind left with right foot, step in place with left
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- 5&6 Right shuffle to right side - step side right, together left, step side right
 - 7-8 Rock step diagonally back behind right with left foot, step in place with right
 - 1-2 Stomp left next to right, stomp right in place
 - 3-4 Push left knee in front of right lifting left heel, push right knee in front of left
 - 5&6 Right kick ball change-kick right forward, step right next to left, step in place left
 - 7 Place right heel forward with toes pointing left. Put weight on right heel, swivel toes from left to right, lifting left foot slightly off the floor.
 - 8 Step in place with left foot

REPEAT
