

Smooth Attitude

COPPER KNOB
STEPSHEETS

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Beverly D'Angelo (USA)
音樂: Smooth (feat. Rob Thomas) - Santana



FORWARD WALK, RIGHT MAMBO, FORWARD WALK, LEFT MAMBO

1-2 Walk forward right, left (with attitude)
3&4 Step right foot to right side, step left in place, right foot beside left
5-6 Walk forward left, right (with attitude)
7&8 Step left foot to left, side step right, in place, left foot beside right

RIGHT CROSS ROCK, RIGHT TURN SHUFFLE, LEFT CROSS ROCK, LEFT TURN SHUFFLE

1-2 Rock right over left, rock back on left
3&4 Shuffle right, left, right while making ¼ turn to right
5-6 Rock left over right, rock back on right
7&8 Shuffle left, right, left while making ¼ turn to left

RIGHT CROSS STEP, RIGHT COASTER STEP, LEFT CROSS STEP, LEFT COASTER STEP

1-2 Cross right in front of left, step left foot to left side
3&4 Right coaster step (step right back, step left back, right forward)
5-6 Cross left in front of right, step right foot to right side
7&8 Left coaster step (step left back, right back, left forward)

RIGHT TOUCH KICKS, RIGHT AND LEFT SAILOR SHUFFLES

1-2 Touch right toe next to left instep, kick right foot forward
3-4 Touch right toe next to left instep, kick right foot forward
5&6 Right sailor shuffle (right foot behind left, step left to left, step right)
7&8 Left sailor shuffle (left foot behind right, step right to right, step left)

ATTITUDE HIP SWAYS, ¼ LEFT PIVOT, RIGHT AND LEFT ROCK STEPS

1-4 Hip sways: right, left, right, left (sway down with a smooth attitude)
5-6 Right step forward, pivot ¼ turn left on left foot
7-8 Right rock to right side, left rock to left side

REPEAT
