

Smooth It Up

拍數: 32 牆數: 2 級數: Beginner
編舞者: Andrea Scharf (DE)
音樂: If You're Gonna Straighten Up - Travis Tritt



WALK FORWARD, SYNCOPATED JAZZ BOX, WEAVE TO THE RIGHT

- 1 Step right foot forward (12:00)
2-4 Step left foot forward (12:00), cross right foot in front of left foot (10:30) and step left foot back (6:00), step right foot to right side (3:00)
5-8 Cross left foot in front of right foot (1:30), step right foot to right side (3:00), cross left foot behind right foot (4:30) and step right foot to right side (3:00), cross left foot in front of right foot (1:30)

¼ STEP TURN, LOCK FORWARD, ROCK FORWARD, RECOVER, ½ TRIPLE TURN

- 1-2 Step right foot forward (12:00), make a ¼ turn left (facing 9:00) and step left foot forward (9:00)
3&4 Step forward on right and lock left behind right, step forward on right (9:00)
5-6 Rock left foot forward (9:00), recover on right foot
7&8 Make a ¼ turn to the left (facing 6:00) and step left to left side (3:00), step right foot beside left foot, make a ¼ turn to the left (facing 3:00) and step left foot forward (3:00)

KICK AND CROSS, SIDE SHUFFLE, ROCK BACK, RECOVER, SIDE SHUFFLE WITH ¼ TURN

- 1&2 Kick right foot forward (3:00) and step right beside left, cross left foot in front of right foot (4:30)
3&4 Step right foot to right side (6:00) and step left foot beside right foot, step right foot to right side (6:00)
5-6 Rock left foot across behind right foot (7:30), recover on right foot
7&8 Step left foot to left side (12:00) and step right foot beside left foot, make a ¼ turn to the left (facing 12:00) and step left foot forward (12:00)

½ STEP TURN, SCUFF, STEP BACK, HIP BUMPS, SYNCOPATED HIP BUMPS

- 1-2 Step right foot forward (12:00), make a ½ turn left (facing 6:00) and step left in place
3-4 Scuff right foot forward (6:00), step right foot back (12:00)
5-6 Bump left hip forward, bump right hip back
7&8 Bump left hip forward and bump right hip back, bump left hip forward (facing 6:00)

REPEAT