

Smooth Move

COPPER KNOB
STEPPERS

拍數: 0 牆數: 4 級數: Improver
編舞者: Susanne Frach
音樂: Smooth (feat. Rob Thomas) - Santana



Sequence: AA, BB, TAG, AA, B (full 40 counts), B (counts 1-32 only), Hold (4 counts), AAA, TAG, A to end of song

PART A

KICK & SHUFFLE

1-2-3&4 Kick left forward, kick left to side, shuffle on spot left right left
5-6-7&8 Kick right forward, kick right to side, shuffle on spot right left right

ROCK & SHUFFLE WITH $\frac{3}{4}$ TURN TO THE LEFT

9-10-11&12 Rock forward left, recover right, shuffle back left right left
13-14-15&16 Rock back right, recover left, shuffle right left right making $\frac{3}{4}$ turn to the left

ROCK, PIVOT, PIVOT, SHUFFLE

17-18-19-20 Rock back left, recover right, pivot left right
21-22-23&24 Pivot left right, shuffle forward left right left

VINE RIGHT, VINE LEFT

25-26-27&28 Step right to side, step left behind, shuffle side right left right
29-30-31-32 Step left to side, step right behind, step left to side, step right beside left

PART B

WALK FORWARD, KICK, WALK BACK, COASTER STEP

1-2-3-4 Walk forward left right left, kick right
5-6-7&8 Walk back right left, coaster step right left right

WALK FORWARD, KICK, WALK BACK, COASTER STEP

9-10-11-12 Walk forward left right left, kick right
131415&16 Walk back right left, coaster step right left right

TOUCH & GO

17-18 Touch left to side, cross left over right and step
19-20 Touch right to side, cross right over left and step
21-22 Touch left to side, cross left over right and step
23-24 Touch right to side, touch right beside left

MONTEREY SPINS

25-26 Touch right to side, turn $\frac{1}{2}$ spin to the right on left and step on right
27-28 Touch left to side, step left beside right
29-30 Touch right to side, turn $\frac{1}{2}$ spin to the right on left and step on right
31-32 Touch left to side, touch left beside right

SHIMMY TWICE

33-36 Step diagonally back left with a shimmy taking 4 counts to drag right foot to touch beside left
37-40 Step diagonally back right with a shimmy taking 4 counts to drag left foot to touch beside right

TAG

1-8 Two shimmies

HOLD

1-4

4 hip bumps
