

Smooth Moves

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: Andie Ghidiu (USA)
音樂: Smooth (feat. Rob Thomas) - Santana



STEP, STEP, TAP-ROCK-STEP, STEP, STEP, ROCK-STEP-STEP

- 1-2-3&4 Step right toe slightly forward, step left toe slightly forward, tap right toe next to left, rock right toe to right side, recover left
5-6-7&8 Step right toe slightly forward, step left toe slightly forward, rock back on right, recover left, step forward on right toe

TURN, STEP, TAP-ROCK-STEP, STEP, STEP, ROCK-STEP-SIDE

- 1-2-3&4 Step left toe ¼ turn left, step right toe slightly forward, tap left toe next to right, rock left toe to left side, recover right
5-6-7&8 Step left toe slightly forward, step right toe slightly forward, rock back on left, recover right, step side left on left toe

CUBAN HIPS, KICK-BALL-CHANGE, TOUCH, SNAKE, ROCK-STEP-HITCH-TURN (CONTINUOUS MOVE)

- 1-2&3 Using Cuban hips- step right to side right, step left next to right, step right to right side, hold
&4&5-6 Turn body 45 to left and kick left toe forward, rock back on left, recover right, turn to face wall again and touch left to left, side body roll from right to left to end facing 45 right of wall
7&8& Rock back on right, recover left pivoting 45 left to face wall, bend right knee in a low hitch, pivot ¼ left on left

STEP, HOLD, STEP, SPIN, STEP-LOCK-STEP, SHIFT, SHIFT

- 1-2-3-4 Step forward on right in front of left, hold, step forward on left in front of right, hold
& Spin a full turn right on left foot
5-6 Step forward on right, touch left foot forward
7-8 Shift weight forward to the left hip and foot, shift weight back to the right hip and foot

REPEAT

TAG

When dancing to "Smooth", repeat first 16 counts after 4th repetition only, start at beginning again. Also, add the following at the end of the 3rd, 7th, 10th repetition of "Smooth"

TOE SWEEP, UNWIND, KICK-CROSS-BACK-BACK, HEEL TWISTS

- 1-4 Point right toe in front of left and sweep it to the right (ronde) behind and to left side of left foot
5&6&7&8 Unwind ¾ turn right, kick right toe forward, cross right foot just in front of left, step back on left, step right behind left in 5th position, twist heels left-right

At the end of the 8th repetition when dancing to "Smooth", add

KNEE, KNEE, HITCH, KICK-BALL-CHANGE, STEP-LOCK

- 1a-2-3&a Swing right knee toward left, swing right knee out to right side, hitch right knee toward left (or drag right toe in next to left), right kick-ball-change

On count 1, think of the beat being divided into 4 equal parts using the syllables 1a&a. On count 3, think of the beat being divided into 3 equal parts (a triplet figure) using the syllables 3&a

- 4& Step forward on right, step forward on left locking it behind right

Option:

- 1-2-3 Shift weight to left hip, right hip, left hip
4 Step forward on right, step forward on left locking it behind right

When dancing to "Forget About It", you can use the following Optional substitution for the last 8 counts of the dance

APART, 2 RIBS, 2 SCOOT, 3 HIPS, BODY WAVE

- 1-2-3&4&5 Step right foot down next to but apart from left and bend knees, shift rib cage left, shift rib cage right, scoot forward with feet even wider apart and knees bent, hold, scoot forward again, hold
- 6-7-8& Shift hips right, shift hips left, shift hips center, begin body wave
- 1-2 Continue wave (or hip circle) to standing position. This replaces first 2 counts of dance
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