

# Smooth Sailing (P)

拍數: 54      牆數: 0      級數: Partner  
編舞者: Helen Ayling & Bob Smith  
音樂: Their Hearts Are Dancing - The Forester Sisters



**Position: Closed dance position.**

## MAN:

### BOX STEP

Without advancing along LOD

- 1            Step left forward
- 2            Step right to right side
- 3            Step left next to right
- 4            Step right back
- 5            Step left to left side
- 6            Step right next to left

### BASIC WALTZ SERIES

Advancing along LOD

- 1-2-3        Step forward left, right, left
- 4-5-6        Step forward right, left, right

### LADY'S AND MAN'S CHASE

Moving forward, then backward along LOD

- 1-2-3        Step forward left, right, left
- 4-5-6        Step forward right, left, right
- 1-2-3        Step back into full left turn: left, right, left
- 4-5-6        Step back right, left, right

### CROSSOVERS

Serpentine advancing along LOD

- 1            Step left 45 degrees to right across right
- 2            Step with right
- 3            Step with left
- 4            Step right 45 degrees to left across left
- 5            Step with left
- 6            Step with right
- 1-6         Repeat serpentes 1-6 above.

### LADY 1 ½ TURN AND WALTZ BASIC

Advancing along LOD

- 1            Step left forward
- 2            Step right forward
- 3            Step left forward
- 4-5-6        Step forward right, left, right

### HESITATION STEPS

Advancing along LOD

- 1            Step left forward
- 2            Swing right forward
- 3            Hold
- 4            Step right forward

- 5 Swing left forward
- 6 Hold

### **LADY ½ TURN AND WALTZ BASIC**

#### **Advancing along LOD**

- 1-2-3 Step forward left-right-left

#### **Returning to closed position**

- 4-5-6 Step forward right-left-right

### **LADY**

#### **BOX STEP**

##### **Without advancing along LOD**

- 1 Step right back
- 2 Step left to left side
- 3 Step right next to left
- 4 Step left forward
- 5 Step right to right side
- 6 Step left next to right

### **BASIC WALTZ SERIES**

#### **Advancing along LOD**

- 1-2-3 Step back right, left, right
- 4-5-6 Step back left, right, left

### **LADY'S AND MAN'S CHASE**

#### **Forward then backward along LOD**

- 1-2-3 Step back into full right turn: right, left, right
- 4-5-6 Step back left, right, left
- 1-2-3 Step forward right, left, right
- 4-5-6 Step forward left, right, left

### **CROSSOVERS**

#### **Serpentine, advancing along LOD**

- 1 Step right 45 degrees to left behind left
- 2 Step with left
- 3 Step with right
- 4 Step left 45 degrees to right behind right
- 5 Step with right
- 6 Step with left
- 1-6 Repeat crossovers, 1-6 above.

### **LADY 1 ½ TURN AND WALTZ BASIC**

#### **Advancing along LOD**

- 1-2-3 Stepping right-left-right, step back into 1 ½ turn ending on right side of man.
- 4-5-6 Step forward left, right, left

### **HESITATION STEPS**

#### **Advancing along LOD**

- 1 Step right forward
- 2 Swing left forward
- 3 Hold.
- 4 Step left forward
- 5 Swing right forward
- 6 Hold.

## LADY ½ TURN AND WALTZ BASIC

### Advancing along LOD

1-2-3 Stepping right-left-right, step forward into ½ turn right

**Return to closed position, lady in front of man.**

4-5-6 Step back left, right, left

**REPEAT**

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