

Smooth Sailing

拍數: 36 牆數: 1 級數: Improver
編舞者: Norman Dery (CAN)
音樂: Smooth Sailing - Nana Mouskouri



1-3 Left foot forward; right foot forward; left foot forward
4-6 Right heel forward no weight; right foot to rear; left foot rear
7-8 Right foot rear; left foot pointed to rear

KICK BALL CHANGE

9&10 Left foot kick forward; left foot rear; right foot in place
11&12 Left foot kick forward; left foot rear; right foot in place
13-14 Left foot forward; right foot in place ½ turn right
15-16 Left foot forward; right foot in place ½ turn right

FOUR ONE QUARTER TURN LEFT

17-18 Left foot forward 1/8 turn left; right foot to right side 1/8 turn left
19-20 Left foot next to right; right foot rear 1/8 turn left
21-22 Left foot to left side 1/8 turn left; right foot next to left
23-24 Left foot to left side 1/8 turn left; right foot to right side 1/8 turn left
25-26 Left foot next to right; right foot rear 1/8 turn left
27-28 Left foot to left side 1/8 turn left; right foot next to left

SHUFFLE LEFT SHUFFLE RIGHT

29&30 Left foot to left side; right foot next to left ;left foot to left side
&31-32 Right foot next to left; left foot to left side; right foot next to left no weight
33&34 Right foot to right side; left foot next to right; right foot to right side
&35-36 Left foot next to right; right foot to right side; left foot next to right no weight

REPEAT
