

# Smooth Sailin' (Long Version)

COPPER KNOB  
STEPPERS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Bob Reid (USA)  
音樂: If You're Waiting On Me - The Kendalls



## WALK, WALK, CROSS ROCK, STEP, TURN ¼, SIDE SHUFFLE

1-2      Step forward right, step forward left  
3&4      Cross right over left, recover onto left, step side right  
5-6      Cross left over right, step right to right with ¼ turn left  
7&8      Step side left, together right, side left

## CROSS ROCK, CROSS ROCK, TURN ¾, STEP, TOUCH

1&2      Cross right over left, recover onto left, step side right  
3&4      Cross left over right, recover onto right, step side left  
5&6      Turn ¾ left as you shuffle right, left, right  
7-8      Step back on left, touch right toe forward

## WALK, WALK, TURNING JAZZ BOX, CROSS, SIDE, HEEL, TOE, TOUCH

1-2      Step forward right, step forward left  
3&4      Cross right over left, step left to left with ¼ turn right, step right to side  
5-6      Cross left over right, side right  
7&8      Left heel to right, left toe to right, touch left toe beside right

## COASTER STEP, CROSS, TURN ½, COASTER STEP, KICK BALL TOUCH

1&2      Step back left, together right, forward left  
3-4      Cross right over left, turn ½ left on balls of feet (weight on right)  
5&6      Step back left, together right, forward left  
7&8      Kick right foot forward, step right next to left, touch left toe next to right

## WALK, WALK, CROSS ROCK, TURN ¼, SIDE SHUFFLE

1-2      Step forward left, step forward right  
3&4      Cross left over right, recover onto right, step side left  
5-6      Cross right over left, step left to left with ¼ turn right  
7&8      Step side right, together left, side right

## CROSS ROCK, CROSS ROCK, TURN ¾, STEP, TOUCH

1&2      Cross left over right, recover onto right, step side left  
3&4      Cross right over left, recover onto left, step side right  
5&6      Turn ¾ right as you shuffle left, right left  
7-8      Step back on right, touch left toe forward

## WALK, WALK, TURNING JAZZ BOX, CROSS, SIDE, HEEL, TOE, TOUCH

1-2      Step forward left, step forward right  
3&4      Cross left over right, step right to right with ¼ turn left, step left to side  
5-6      Cross right over left, side left  
7&8      Right heel to left, right toe to left, touch right toe beside left

## COASTER STEP, CROSS, TURN ½, COASTER STEP, JAZZ BOX

1&2      Step back right, together left, forward right  
3-4      Cross left over right, turn ½ right on ball of feet (weight on left)  
5&6      Step back right, together left, forward right

7&8

Cross left over right, step right to right with  $\frac{1}{4}$  turn left, step forward left

**REPEAT**

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