

So Smooth

拍數: 32 牆數: 4 級數: Improver
編舞者: Dawn Hood (UK) & Lois Lightfoot (UK)
音樂: She's So Smooth - John Douglas



SIDE STEPS WITH HIP SWINGS

1-2 Step right foot to right side, hold for 1 beat
3-4 Swing hips to left, swing hips to right
5-6 Step left foot to left side, hold for 1 beat
7-8 Swing hips to right, swing hips to left

RIGHT SAILOR, LEFT SAILOR, CROSS BEHIND UNWIND ¾ RIGHT

9&10 Right foot cross behind left foot, left foot step to left side, right foot step in place
11&12 Left foot cross behind right, right foot step to right side, left foot step in place
13-16 Right foot cross behind left, unwind ¾ turn right taking 2 beats, hold for 1 beat

DIAGONAL STEP FORWARD, SYNCOPATED DIAGONAL BACK STEPS

17-19 Left foot step diagonally forward with shoulder shimmies
20 Touch right foot beside left
&21 Step diagonally back on right foot, step left foot beside right
&22 Step diagonally back on right foot, step left foot beside right
&23 Step diagonally back on right foot, step left foot beside right
&24 Step diagonally back on right foot, touch left foot beside right

LEFT STRUT, RIGHT STRUT, STEP APART, STEP TOGETHER

25-26 Step forward on left toe, drop left heel to floor
27-28 Step forward on right toe, drop right heel to floor
&29 Step left foot to left side, step right foot to right side (feet shoulder width apart)
30 Click fingers at shoulder height
&31 Step left foot to center, step right foot beside left
32 Click fingers at shoulder height

REPEAT
