

Sooooooooo Smooooothhhhh

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數:
編舞者: Garth Bock (USA)
音樂: Smooth (feat. Rob Thomas) - Santana



ROCK STEPS, FORWARD MUMBO STEPS (WITH HIP SWAYS)

1-2 Right rock step to right, recover onto left
3&4 Right, left, right mumbo step forward (swaying hips right-left-right)
5-6 Left rock step to left, recover onto right
7&8 Left, right, left mumbo step forward (swaying hips left-right-left)

¼ TURN LEFT PIVOT, CROSS MAMBO, LEFT SIDE MUMBO, RIGHT SIDE MUMBO

9-10 Step right foot forward, turn ¼ to the left (to the left)
11&12 Cross right foot over left, step left foot to left, step right foot right
13&14 Step left foot left, recover weight onto right foot, step left next to right
15&16 Step right foot right, recover weight onto left foot, step right next to left

STEP SLIDE, SIDE SHUFFLE WITH ¼ TURN LEFT

17&18 Step left foot left, slide right foot to left
19&20 Step left foot left, step right next to left, step left ¼ turn left

ROCK STEP, STEP CROSS VINE WITH STEP ¼ TURN LEFT

21-22 Rock forward onto right foot, recover onto left
23&24 Side step slightly right, step left across right, side step right
& Turn ¼ left pivoting on ball of right shifting weight to right foot

LEFT SHUFFLE, 2 STEP ROLLING TURNS, RIGHT FORWARD MUMBO, LEFT BACK MUMBO

25&26 Left shuffle forward left-right-left
27 Step right foot forward turning ½ turn left (to the right)
28 Step left foot back turning ½ turn left (to the right)
29&30 Step right foot forward, recover weight onto left, step right next to left
31&32 Step left foot back, recover weight onto right, step left next to right

REPEAT
