

Baby It's So Smooth

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Pam Dailey (USA)
音樂: Smooth (feat. Rob Thomas) - Santana



SIDE ROCK ¼ TURN, CROSS SHUFFLE, SIDE ROCK ½ TURN, CROSS SHUFFLE

- 1 Step to right on right
 - 2 Transfer weight to left making a slight ¼ turn to left
- Starting the dance facing the music this turn ¼ turn would be at 9:00**
- 3&4 Cross right over left, step left, then step right, (right is still crossed over left)
 - 5 Step out to left on left
 - 6 Transfer weight to right making a ½ turn to right (3:00)
 - 7&8 Cross left over right, step right, then left

ROCK STEP, LOCK STEP, ROCK STEP, LOCK STEP

- 1 At 45 degrees angle left (left corner of 3:00) rock forward on right
 - 2 Recover back on left
- 3&4& Step right forward still at angle then slide left up behind, transfer weight to right toe, pivot to right (still 3:00 wall)
- 5 Rock forward on left
 - 6 Recover on right
 - 7&8 Step left forward, then right slide up behind, step on left

STEP ½ TURN LEFT, BASIC MAMBO, STEP BEHIND, LEFT COASTER

- 1 Step right forward (prepare for ½ turn left)
 - 2 Turning ½ turn to left, shift weight to left foot, (9:00)
- 3&4 Step right, then left in place, step right
- 5 Step left to left
 - 6 Cross right behind
 - 7&8 (Left coaster) step left back, then step back together, then forward on left

ROCK STEP BODY OR FORWARD HIP ROLL ½ TURN RIGHT WITH BASIC MAMBO

- 1 Rock forward on right
 - 2 Recover on left
- 3-4 Forward hip or body roll (right foot forward, body angled slightly left)
- 5 Place right toe behind left
 - 6 Make ½ turn to right (back facing 3:00 wall)
 - 7&8 Step left to left, step right in place, then step left in place

REPEAT

This was choreographed in the traditional country style cha-cha. To dance it if you desire in Latin rhythm (4&5 and 8&1 accent):

In beginning add

- 1 Rock forward on left
- 2 Back on right
- 3 Step left

Then follow the sheet. 3&4 are now 4&5. Continue the dance to last two counts (7&8) will now be 7-8

- 7 Rock to left
- 8 Recover on right

Start over with rock forward on left and etc.