

# Smooth

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Jodie Lavinia Cope (UK) - May 2012  
音樂: Smooth (feat. Rob Thomas) - Santana



Count in – Start after 36 counts on vocals “man it’s a hot one”

**(1-8) Rock forward, Recover, Right Coaster step, Rock forward recover, Left coaster step.**

1 – 2      Rock forward on right(1), Recover weight onto left(2),  
3 & 4      Step back on right(3), Step left next to right(&), Step forward on right(4),  
5 – 6      Rock forward on left(5), Recover weight onto right(6),  
7 & 8      Step back on left(7), Step right next to left(&), Step forward on left(8).

**(9-16) Rock forward, Recover, Back right lock step, Rock back, Recover, Forward left lock step.**

1 – 2      Rock forward on right(1), Recover weight onto left(2),  
3 & 4      Step back on right(3), Lock left over right(&), Step back on right(4),  
5 – 6      Rock back on left(5), Recover weight onto right(6),  
7 & 8      Step forward on left(7), Lock right foot behind left(&), Step forward on left(8).

**(17-24) Rock forward, Recover, ½ turn shuffle, Step pivot ½ turn, 1 ½ turn right.**

1 – 2      Rock forward on right(1), Recover weight onto left(2),  
3 & 4      Make ½ turn right with a right shuffle, stepping right(3), Left(&), Right(4)6:00  
5 – 6      Step forward on left(5) Pivot ½ turn right transferring weight onto right foot(6), 12:00  
7      Make ½ turn right stepping back on left(7) 6:00  
&      Make ½ turn right stepping forward on right (&) 12:00  
8      Make ½ turn right stepping back on left(8) 6:00

**(25-32) Rock back, Recover. Right shuffle forward, Cross, Back, ¼ cross, Side, Behind.**

1 – 2      Rock back on right(1), Recover weight onto left(2),  
3 & 4      Step forward on right(3), Step left next to right(&), Step forward on right(4),  
5 – 6      Cross left over right(5) Step back on right(6)  
&      Make a ¼ turn left stepping left to left side(&) 3:00  
7 & 8      Cross right over left(7), Step left to left side(&), Cross right behind left(8),

**(33-40) Long side step, Rock behind & recover, Side, Cross, Side, Rock behind & recover, ¼ left, Step forward.**

1      Long step to left to left side(1),  
2 & 3      Rock right behind left(2), Recover weight onto left(&) Step right to right side(3)  
4 – 5      Cross left over right(4), Step right to right side(5),  
6 &      Rock left behind right(6), Recover weight onto right foot(&),  
7      Make a ¼ turn left stepping forward on left(7)12:00  
8      Step forward on right(8)

**(41-48) Step forward left, Together, Forward left shuffle, Rock Forward, Recover, Behind, Side, Cross.**

1 – 2      Step forward on left(1), Step right next to left(2),  
3 & 4      Step forward on left(3), Step right next to left(&), Step forward on left(4),  
5 – 6      Rock forward on right(5), Recover weight onto left(6),  
7 & 8      Cross right behind left(7), Step left to left side(&), Cross right over left(8).

**(49-56) Side Rock, Recover, Behind, ¼, Step forward, Cross, Back & ¼ cross, Step right side.**

1 – 2      Rock left to left side(1), Recover weight onto right(2),  
3 &      Cross left behind right(3), Make a ¼ turn right stepping forward on right(&),3:00

4 – 6 Step forward on left(4) Cross right over left(5) Step back on right(6)  
& Make a ¼ turn right stepping right to right side(&) 6:00  
7 – 8 Cross left over right(7), Long step right to right side(8)

**(57-64) Rock behind & recover, Side step, Rock behind & recover, ¼ turn, Step pivot ¾ turn right, Side, Close, Side.**

1 & 2 Rock left behind right(1) Recover weight onto right(&), Long step left to left side(2),  
3 & Rock right behind left(3), Recover weight onto left foot(&),  
4 Make a ¼ turn right stepping forward on right(4)9:00  
5 – 6 Step forward on left(5), Pivot ¾ turn right transferring weight onto right foot(6),6:00  
7 & 8 Step left to left side(7), Step right next to left(&), Step left to left side(8)

**Tag & Restarts: - At the beginning of sequence 3 (facing wall 12:00)**

**Restart the dance after the first 8 counts (so the first 8 counts of the dance are repeated twice)**

**Then on the same sequence after count 16 restart the dance Again.**

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