

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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