

# Smooth Cha Cha

拍數: 136      牆數: 1      級數: Phrased Intermediate  
編舞者: Rita Archer (USA) - November 2012  
音樂: Smooth (feat. Rob Thomas) - Santana



Counts: Section A 64, Section B 72, Tag 4 1 Tag, Restart (First 16 counts of A)  
Start Dance With Lyrics - Sequence: AB Restart AB Tag BA

## Section A

### [1-8] Forward Shuffle , Rock, Recover, Backward Shuffle, Rock, Recover

1&2            Step forward Right, Step forward Left, Step forward Right  
3-4            Rock Forward on Left, Recover weight on Right  
5&6            Step Back Left, Step Back Right, Step Back Left  
7-8            Rock Back on Right, Recover weight on Left

### [9-16] Right Side Shuffle, Rock, Recover, Left Side Shuffle, Rock, Recover

9&10           Right Side Step with Right, Right Side Step with Left, Right Side Step with Right  
11-12           Rock Back on Left, Recover weight on Right  
13&14           Left Side Step with Left, Left Side Step with Right, Left Side Step with Left  
15-16           Rock Back on Right, Recover weight on Left

### [17-24] Left ½ Turn, Shuffle, Right ½ Turn, Shuffle

17-18           Step Forward on Right, Left ½ turn, weight on Left  
19&20           Step forward Right, Step forward Left, Step forward Right  
21-22           Step Forward on Left, Right ½ turn, weight on Right  
23&24           Step forward Left, Step forward Right, Step forward Left

### [25-32] Left ¼ Turn x2, Sailor, Step Tuck

25-26           Step Forward on Right, Left ¼ turn, weight on Left  
27-28           Step Forward on Right, Left ¼ turn, weight on Left  
29&30           Step Right behind Left, Step Left to Left side, Step to Right Side  
31-32           Sweep Left behind Right tucking Left toe under Right heel, popping up Right knee forward

### [33-64] Repeat all above 32 counts of A (facing opposite wall)

## Section B

### [1-8] Shuffle, ½ Turn, Tripple Step ½ Turn, Step, Step

1&2            Step forward Right, Step forward Left, Step forward Right  
3-4            Step Forward on L, Right ½ turn, Weight on Left  
5&6            Turn Right ½ taking three steps Left Right Left  
7-8            Step back Right, Step back Left

### [9-16&] Step, Cross, Rock, Shuffle, Kick 2x, Kick 2x

&9-10           Step Right to Right side, Cross Left over Right, Rock Back on Right  
11&12           Left Side Step with Left, Left Side Step with Right, Left Side Step with Left  
13-14&           Kick Right twice at an angle crossing over Left , Step on Right  
15-16&           Kick Left twice at an angle crossing over Right, Step on Left

### [17-24] Cross, Rock, Shuffle ¼ Turn, ½ Turn, ¼ Turn Shuffle

17-18           Cross Rock Right over Left, Recover Back on Left  
19&20           Right Side Step with Right, Right Side Step with Left, Right ¼ turn step with Right  
21-22           Step Forward on Left, Right ½ pivot turn weight on Right  
23&24           Step into ¼ turn & shuffle to the Right L R L

**[25-32] Right & Left Hip Bumps 4x**

25&26 Place Right toe Forward, Swing Hip & Right knee out & back in, step on Right to Right side  
27&28 Place Left toe Forward, Swing Hip & Left knee out & back in, step on Left to Left side  
29-32 Repeat above

**[33-64] Repeat First 32 Counts of B**

**[65-72] Tap Right, Left, Right, Left, Step, Hold, Hip Roll**

65&66& Tap Right toe to Right side, Step Right together, Tap Left to Left side, Step Left together  
67&68& Tap Right toe forward, Step Right together, Tap Left toe forward, Step L together  
69-70 Step Forward on Right, Hold  
71-72 Roll Hips Right to Left

**Section A: First 16 counts**

**RESTART: Section A + Section B**

**TAG:**

1-4 Toe Points 4x  
1&2& Right forward tap, Step Right together, Left forward tap, Step Left together  
3&4& Repeat above, weight on Left

**Contact - [www.RitasRockNRodeo.com](http://www.RitasRockNRodeo.com)**

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