

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

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