

Smooth & Easy

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Judy Rodgers (USA) - February 2013
音樂: Smooth (feat. Rob Thomas) - Santana



Alt. music:-

Still in Love with You by No Angels - 32 count intro (not perfectly phrased)

After You by Beverly Knight – 40 cnt intro (slower music...not perfectly phrased)

16 Count intro - No tags or restarts

ROCK FWD, RECOVER, SHUFFLE BACK, ROCK BACK, RECOVER, SHUFFLE TURN ½

1-2 Rock R forward, recover L
3&4 Step R back, step L together, step R back (could substitute a back step lock step)
5-8 Rock L back, recover R
7&8 Step L forward ¼ turn right, step R together, step L back ¼ turn right 6:00

ROCK BACK, RECOVER, STEP R, POINT L, STEP L, POINT R, STEP R, POINT L

1-2 Rock R back, recover L
3-4 Step R forward, point L (point above and to the side of the foot....raise the hip up as you point)
5-6 Step L forward, point R (point above and to the side of the foot....raise the hip up as you point)
7-8 Step R forward, point L (point above and to the side of the foot....raise the hip up as you point)

CROSS, SIDE, BEHIND, POINT, CROSS, SIDE, BEHIND, TURN ¼ STEP

1-2 Cross L over R, step R to right side
3-4 Step L behind R, point R to right side
5-6 Cross R over L, step L to left side
7-8 Step R behind L, turn ¼ left step L forward 3:00

ROCKING CHAIR, STEP PIVOT ½, STEP PIVOT ¼

1-4 Rock R forward, recover L, rock R back, recover L
5-6 Step R forward, pivot ½ left 9:00
7-8 Step R forward, pivot ¼ left 6:00

REPEAT

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