Smile - Its Easy



拍數: 32 牆數: 4 級數: Beginner

編舞者: William Sevone (UK) - March 2014

音樂: Rainbow Smile (彩虹的微笑) - Cyndi Wang (王心凌)



Choreographers note:- Simply SMILE.. its so easy. Now with 'official' wall end alternative created by Cara

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'. Dance starts with the main vocals.

2x Side Press-Recover-Together-Hold (12:00)

1 – 2 Press right to right	side. Recover on left.
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3 – 4 Step right next to left. Hold.

5 – 6 Press left to left side. Recover on right.

7 – 8 Step left next to right. Hold.

Press Fwd. Recover. Back. Hop Hitch Turn. Fwd. Press Fwd. Recover. Back (6:00)

9 - 10) Press f	forward ont	o right R	Recover on I	≙ft
9 – 10	J F1655 I	ioiwaiu oiii	u Hulli. n	recover on i	en.

11 Step backward on right.

with slight 'hop' – Hitch left knee and turn ½ left (6)

13 – 14 Step forward onto left. Press forward onto right.

15 – 16 Recover on left. Step backward onto right.

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Back. Hop Hitch Turn. Fwd. Fwd. Jazz Box. Fwd (12:00)

17 Step backward onto left,

with slight 'hop' – Hitch right knee and turn ½ right (12)

19 – 20 Step forward onto right. Step forward onto left.
21 – 22 Cross right over left. Step backward onto left.
23 – 24 Step right to right side. Step forward onto left.

Toe Cross. Toe Side. Cross Behind. Unwind. 3x Diagonal Touch. 1/4 Fwd (3:00)

25 – 26 Cross touch right toe over left. Touch right to right	right side.
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27 – 28 Cross step right behind left. Unwind ½ right (weight on right) (6)

29 – 30 Touch left toe diagonally forward right. Touch left toe diagonally backward left. 31 – 32 Touch left toe diagonally forward right. Turn ¼ left & step left slightly forward (3).

Optional: ☐ Try Military Arm Swings on counts 29-32 starting with: right arm forward/left arm back

Alternative Wall ending created by Cara Tan

31 – 32 Step left diagonally forward right. Turn ¼ left & hitch right knee (prep for count 1).

Dance Finish: Count 16 Wall 10 (facing 9.00)...

Replace count 16 with 'Turn 1/4 Right and 'SAP' (Strike A Pose)'

Last Update - 21st April 2014