## Smooth Sailing (P)

Count: 54 Wall: $0 \quad$ Level: Partner
Choreographer: Helen Ayling \& Bob Smith
Music: Their Hearts Are Dancing - The Forester Sisters

Position: Closed dance position.

## MAN:

## BOX STEP

Without advancing along LOD
1 Step left forward
2 Step right to right side

3 Step left next to right
4 Step right back
$5 \quad$ Step left to left side
6 Step right next to left

## BASIC WALTZ SERIES

## Advancing along LOD

1-2-3 Step forward left, right, left
4-5-6 Step forward right, left, right

## LADY'S AND MAN'S CHASE

Moving forward, then backward along LOD
1-2-3 Step forward left, right, left
4-5-6 Step forward right, left, right
1-2-3 Step back into full left turn: left, right, left
4-5-6 Step back right, left, right

## CROSSOVERS

Serpentine advancing along LOD
1 Step left 45 degrees to right across right
2 Step with right
3 Step with left
4 Step right 45 degrees to left across left
5 Step with left
6 Step with right
1-6 Repeat serpentines 1-6 above.

## LADY 1 ½ TURN AND WALTZ BASIC

Advancing along LOD

| 1 | Step left forward |
| :--- | :--- |
| 2 | Step right forward |
| 3 | Step left forward |
| $4-5-6$ | Step forward right, left, right |

## HESITATION STEPS

Advancing along LOD
Step left forward
2 Swing right forward
3
4 Step right forward

## LADY ½ TURN AND WALTZ BASIC

## Advancing along LOD

1-2-3 Step forward left-right-left
Returning to closed position
4-5-6 Step forward right-left-right
LADY
BOX STEP
Without advancing along LOD
1 Step right back
$2 \quad$ Step left to left side
$3 \quad$ Step right next to left
4 Step left forward
5 Step right to right side
$6 \quad$ Step left next to right

## BASIC WALTZ SERIES

## Advancing along LOD

1-2-3 Step back right, left, right
4-5-6 Step back left, right, left

## LADY'S AND MAN'S CHASE

## Forward then backward along LOD

1-2-3 Step back into full right turn: right, left, right
4-5-6 Step back left, right, left
1-2-3 Step forward right, left, right
4-5-6 Step forward left, right, left

## CROSSOVERS

Serpentine, advancing along LOD

## 1 Step right 45 degrees to left behind left

2 Step with left
3 Step with right
$4 \quad$ Step left 45 degrees to right behind right
5 Step with right
$6 \quad$ Step with left
1-6 Repeat crossovers, 1-6 above.

## LADY $1 ½$ TURN AND WALTZ BASIC

## Advancing along LOD

1-2-3 Stepping right-left-right, step back into $1 \frac{1}{2}$ turn ending on right side of man.
4-5-6 Step forward left, right, left

## HESITATION STEPS

Advancing along LOD
1 Step right forward
2 Swing left forward
3
$4 \quad$ Step left forward
5 Swing right forward
6 Hold.

LADY ½ TURN AND WALTZ BASIC
Advancing along LOD
1-2-3 Stepping right-left-right, step forward into $1 / 2$ turn right
Return to closed position, lady in front of man.
4-5-6 Step back left, right, left
REPEAT

