

# Mr Smooth and Seductive (aka Smooth and Seductive)

**COPPER** KNOB  
STEPSHEETS

**Compte:** 32

**Mur:** 4

**Niveau:** Low Intermediate

**Chorégraphe:** Helaine Norman (USA) - August 2017

**Musique:** Just One Dance - Caro Emerald : (Album: Deleted Scenes from the Cutting Room Floor)



**Intro: 48 counts**

## **I. Stomp, Bounce Heel X3; Stomp, Fan Toes Out-In-Out**

- 1-4 Stomp R and bounce R heel (x3), weight to R
- 5-8 Stomp L, fan toes L R L, weight to L

## **II. Side, Together, Chasse; Cross Rock, Recover, Side, Touch**

- 1-2 Step R side, step L together
- 3&4 Step R side, step L together, step R side
- 5-6 Rock L over, recover to R
- 7-8 Step L side (big), drag R together

**Restart on wall 4 (3:00)**

## **III. Syncopated Reverse Weave; Pivot 1/4 R Turn, Kick Ball Touch, Touch Out-Together**

- 1&2 Step R behind, step L side, step R over
- 3-4 Step L side making 1/4 turn right, weight to R (3:00)
- 5&6 Kick L forward, step L together, touch R in place
- 7-8 Touch R side, touch R together

## **IV. Rock Recover, Pivot 1/2 R Turn, Hitch; Cross, Side, Reverse Weave**

- 1-2 Rock R forward, recover on L
- 3-4 Step R (pivoting on left) (9:00), step R, hitch L
- 5-6 Step L over, step R side
- 7&8 Step L behind, step R, step L over

**Repeat**

**Restart: During 4th wall after 16 counts (3:00)**

**Tag: End of 8th wall music pauses (12:00).**

### **Toe Struts with Hip Bumps**

- 1&2 Touch R with R hip bump, drop R heel (weight to R)
- 3&4 Touch L with L hip bump, drop L heel (weight to L)

**Optional Tags for 1-4 at 4-count pause in music:**

### **Toe Struts X2**

- 1-2 Touch R toe next to L (with R knee inward about 11:30), drop R heel returning to center  
**(will look like knee pops)**
- 3-4 Repeat on L side

**or**

- 1-4 Prissy walks forward R-L

**Last Update: 1 Mar 2023**