Leave It Smokin'

Niveau: Phrased Improver

Chorégraphe: Darria "Lady D" Thomas (USA) - May 2018

Musique: Leave It Smokin' - Tamia

Sequence: A-A-A-B-A-A-B-A-A-B-B

Part A: 32 COUNTS

Compte: 64

A[1-8] CHA CHA BASIC. 1/4 TURN SHUFFLE. WALK

- 1&2, 3-4 Step R fwd, Step L beside R, Step R fwd, Step L fwd, Rock back on R
- 5&6, 7-8 1/4 Turn Left Stepping L to side, Step R together, Step L to side, Walk fwd R, L

A[9-16] CHA CHA BASIC, 1/2 TURN SHUFFLE, WALK

- Step R fwd, Step L beside R, Step R fwd, Step L fwd, Rock back on R 1&2, 3-4
- 5&6, 7-8 1/4 Turn Left Stepping L to side, Step R together, 1/4 Turn Left Stepping L fwd, Walk fwd R, L

A[17-24] CHA CHA BASIC, 1/2 TURN SHUFFLE, WALK

- 1&2.3-4 Step R fwd, Step L beside R, Step R fwd, Step L fwd, Rock back on R
- 5&6, 7-8 1/4 Turn Left Stepping L to side, Step R together, 1/4 Turn Left Stepping L fwd, Walk fwd R, L

A[25-32] 1/4 JAZZ BOX WITH SHUFFLE, CROSS ROCK, SHUFFLE

- Step R across L, Step L back with 1/4 Turn to R, Step R to side, Step L together, Step R to 1-2, 3&4 side
- Step L across R, Rock back on R, Step L to side, Step R together, Step L to side 5-6, 7&8

PART B: 32 COUNTS

B[33-40] BODY ROLLS BACK

- 1-4 Step back on R, Roll weight from hips up to shoulders pressing weight slightly to L, repeat
- Step back on L, Roll weight from hips up to shoulders pressing weight slightly to R, repeat 5-8

B[41-48] SAILOR SHUFFLE, 1/4 TURN SAILOR SHUFFLE, SAILOR SHUFFLE, 1/4 TURN SAILOR

SHUFFLE [end facing 6 o'clock]

- 1&2, 3&4 Step R behind L, Step L to side, Step R to side, Step L behind R, Turn 1/4 to L stepping R to side, Step L to side
- Step R behind L, Step L to side, Step R to side, Step L behind R, Turn 1/4 to L stepping R to 5&6, 7&8 side, Step L to side

B[49-56] BODY ROLLS BACK

- 1-4 Step back on R, Roll weight from hips up to shoulders pressing weight slightly to L, repeat
- Step back on L. Roll weight from hips up to shoulders pressing weight slightly to R, repeat 5-8

B[57-64] SAILOR SHUFFLE, 1/4 TURN SAILOR SHUFFLE, SAILOR SHUFFLE, 1/4 TURN SAILOR SHUFFLE [end facing 12 o'clock]

- 1&2, 3&4 Step R behind L, Step L to side, Step R to side, Step L behind R, Turn 1/4 to L stepping R to side, Step L to side
- 5&6, 7&8 Step R behind L, Step L to side, Step R to side, Step L behind R, Turn 1/4 to L stepping R to side, Step L to side

Taught at the NE Soul Line Dance Workshop, May 5, 2018

Step sheet written and Submitted by Steve Cavanaugh: steve@appleblossom.net





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