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| --- | --- |
| Smooth & Easy |  |

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| . | | | | | | |
| **拍数:** | 32 | **墙数:** | 2 | **级数:** | Beginner | . |
| **编舞者:** | Judy Rodgers (USA) - February 2013 | | | | |
| **音乐:** | 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**

**Contact: jrdancing@bellsouth.net**