Smooth

级数: Beginner

编舞者: Jiae Yun (KOR) - October 2019

音乐: Smooth by Carlos Santana

INTRO : 32 counts TAG : ON THE 10th WALL RESTARTS : NO RESTART.

拍数: 32

S1.RIGHT SIDE, LEFT SIDE, FORWARD SIDE, FORWARD SIDE

- 1&2 (cha cha basic step) step R to R side, step L next to R, step R to R side.
- 3&4 (cha cha basic step) step L to L side, step R next to L, step L to L side.
- 5-6 step forward R, step L next to R.

(raise both arms as if swimming)

7-8 step forward R, step L next to R.

S2. SIDE LUNGE ¼ TURN L, FORWARD SHUFFLE, ½ PIVOT TURN, FORWARD SHUFFLE

- 1-2 lunge R to R, hold for count2, make a ¼ turn L.
- 3&4 shuffle forward stepping R,L,R.
- 5-6 step forward on L, pivot ½ turn R.
- 7&8 shuffle forward stepping L,R,L.

S3. HEEL GRIND R,L, CROSS, SIDE, SAILOR

- 1&2 diagonal R, make a heel grind with RF, R next to L together.
- 3&4 diagonal L, make a heel grind with LF, L next to R together.
- 5-6 cross step R over L, step left to left side.
- 7&8 step R behind L, step L to L side, step R to R side.

S4. CROSS, HOLD, 1/2 L, CROSS-ROCK-RECOVER, (1/4L)BACK AND KICK, FORWARD TOGETHER

- 1-4 cross L over R, hold, ¼ turn L step R back, ¼ turn L, step L to L side (9:00).
- 5-6 cross rock R over L, recover L.
- 7&8step ¼ to L back R and kick L forward (at the same time), step forward L, step R next to
L.(6:00)

TAG : on the 10th wall

- 1-2 Step R to R side(your R arms stretch out), step L to L side(yout L arms stretch out).
- 3&4 As you shimmy shoulders for counts 3&, step R next to L.

ENDING : The music is so long. Therefore, when the music ends, it ends freely.

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Last Update - 24 Oct. 2019





墙数: 2