Smile Is Key

拍数: 32

级数: Improver

编舞者: Natasha Revita (INA) - July 2025

音乐: You're Never Fully Dressed Without a Smile - Sia

SECTION I: SAMBA WHISKS, COASTER FORWARD, COASTER STEP

- 1a2 Big step RF to right side, ball cross LF behind RF, recover on RF
- 3a4 Big steo LF to left side, ball cross RF behind LF, recover on LF
- 5&7 Step RF forward, step LF beside RF, step RF back
- 7&8 Step LF back, step RF beside LF, step LF forward

SECTION II: FORWARD MAMBO, BACK MAMBO, SIDE MAMBO, VOLTA TURN

- 1&2 Step RF forward, recover on LF, step RF close beside LF
- 3&4 Step LF backward, recover on RF, step LF close beside RF
- 5&6 Step RF to right, recover on LF, close RF beside
- 7a8 Turn 1/2 left crossing LF over RF, step on ball of RF slightly behind LF, turn 1/4 left crossing LF over RF

SECTION III: DIAMOND 1/4 TURN RIGHT, V STEP, PONY TAIL

- 1&2 Cross RF over LF, step LF to left side, turn 1/8 to right stepping RF back
- &3&4 Hitch LF knee up, step LF back, turn 1/8 to right stepping RF to right side, step LF forward
- 5&6 Step RF to right diagonal forward, step LF to left diagonal forward, step RF back to centre
- 7&8 Step LF behind RF with knee up, step LF in place, step RF in place with knee up

SECTION IV: TURN 1/4 WITH FLICK, HIP WALK, 1/2 TURN HIP WALK, JUMP OUT-IN

- 1-2 Step RF forward, turn 1/4 to left RF quick kick backward with pointed toe & flexed knee
- 3&4 Touching RF toe forward bump right hip forward, backward, forward taking weight on RF
- 5&6 1/2 turn left touching LF toe forward bump left hip forward, backward, forward taking weight on LF
- &7&8 turn 1/2 to left, jump RF to right side (out), jump LF to left side (out), jump RF to centre (in), jump LF to centre (in)

Dance with joy! Enjoy my choreo





墙数:4