

Smooth

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Sofie Johnson (UK) & Frances Johnson (UK)
音乐: Smooth (feat. Rob Thomas) - Santana



STEP SLIDE BACK ROCK

- 1 Step left to left side
- 2 Slide right foot
- 3 Rock back onto right foot
- 4 Rock forward onto left foot

STEP SLIDE BACK ROCK

- 5 Step right to right side
- 6 Slide left foot
- 7 Rock back onto left foot
- 8 Rock forward onto right foot

STEP BEHIND UNWIND

- 9 Step left to left side
- 10 Drag right to meet it
- 11 Cross right behind left
- 12 Unwind full turn, turning right

CHASSE LEFT, MAMBO STEP, WALKS FORWARD, LEFT SHUFFLE

- 13&14 Step left to left side, close right beside left, step left to left side
- 15&16 Rock forward onto right, rock back onto left, step right next to left
- 17 Walk forward left
- 18 Walk forward right
- 19&20 Step forward left, close right beside left, step forward left

ROCK STEP, TRIPLE FULL TURN, POINT & POINT HITCH TOUCH, RIGHT LEFT

- 21 Rock forward onto right foot
- 22 Rock back onto left foot
- 23&24 Triple full turn, turning right (right, left, right)
- 25& Point left out to left side, close left beside right taking weight
- 26& Point right out to right side, hitch right knee
- 27&28 Touch right to right side, stomp right, stomp left slightly out to left side (making sure weight is on left)

SAILOR STEP, SCUFF HITCH TOUCH, SWIVEL HEELS TURNING HALF TURN RIGHT

- 29&30 Step right behind left, step onto left, step onto right
- 31&32 Step left behind right, step onto right, step onto left
- 33&34 Scuff right foot forward, hitch right knee up, step back on the right foot into fifth dance position
- 35& With weight on the balls of both feet, swivel heels $\frac{1}{4}$ to the left, then return heels to center
- 36 Swivel heels to the left, turning $\frac{1}{2}$ turn right (facing 6:00) (keep weight on the left)

SHUFFLE, SIDE CROSS SIDE, BACK LOCK STEPS

- 37&38 Step forward right, close left beside right, step right forward
- 39&40 Step left to left side, cross right over left, step left to left side
- 41&42 Step back on right, lock left over right, step back right

43&44 Step back left, lock right over left, step back left
When traveling back, turn body slightly on the diagonal

BACK AND FORWARD MAMBOS, KICK AND POINT

45&46 Rock back onto right, step forward onto left, close right beside left
47&48 Rock forward onto left, rock back onto right, close left beside right
49&50 Kick right foot forward, step onto right foot, point left out to left side
51&52 Kick left foot forward, step onto left foot, point right out to right side

POINT HITCHES, TURNING $\frac{3}{4}$ TURN LEFT

&53 Hitch right knee, touch right to right side, slightly turning left (pivoting on ball of left)
&54 Hitch right knee, touch right to right side, slightly turning left (pivoting on ball of left)
&55 Hitch right knee, touch right to right side, slightly turning left (pivoting on ball of left)
&56 Hitch right knee, touch right to right side

You should have turned a $\frac{3}{4}$ turn left

AND STEP, TOUCH, BODY-ROLL, WALKS FORWARD, CLAP

&57 Step onto right foot, step onto left foot (weight on left)
58 Touch right foot directly in front of left
59&60 Body roll for 2 counts
(Not essential) slide hands down back of head and down chest, at same time as body roll
61 Walk forward right
62 Walk forward left
63&64 Stomp right, clap hands twice (make sure weight ends on right foot)

REPEAT
