

# 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**

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