

So Smooth

拍数: 60 墙数: 4 级数: Improver
编舞者: Rachel Shepherd (UK)
音乐: Smooth (feat. Rob Thomas) - Santana



RIGHT TOUCHES, RIGHT CHASSE, TOUCH, SIDE

- 1 Touch right toe diagonally forward in front of left
- 2 Touch right toe back diagonally back behind left
- 3-4 Repeat
- 5&6 Step right to right side, close left beside right, step right to right side
- 7-8 Touch left at side of right, touch left to left side

LEFT TOUCHES LEFT CHASSE TOUCH, SIDE, 2 TOE TAPS

- 9 Touch left toe diagonally forward in front of right
- 10 Touch left toe back diagonally back behind right
- 11-12 Repeat
- 13&14 Step left to left side, close right beside left, step left to left side
- & Touch right at side of left, touch right to right side
- 15-16 Tap right toe twice at side of left

¼ TURN SHUFFLE, ROCKS, LEFT SHUFFLE BOOK, RIGHT SHUFFLE BACK

- 17&18 ¼ turn shuffle to right side
- 19 Rock left forward
- 20 Rock right back
- 21&22 Step back left, close right beside left, step back left
- 23&24 Step back right, close left beside right, step back right

ROCKS, LEFT SHUFFLE FORWARD 1 & ½ TURN

- 25 Rock back on left
- 26 Rock forward on right
- 27&28 Step left forward, close right beside left, step forward left
- 29-32 Step back on right 1 turn, step forward on left ½ turn, step back on right making ½ turn to right, step left next to right

RIGHT SHUFFLE FORWARD, HOLD FOR 2 COUNTS

- 33&34 Step forward right, close left beside right, step forward right
- 35-36 Hold left beside right for 2 counts

LEFT TOUCHES, LEFT COASTER STEP, RIGHT TOUCHES ¼ TURN, RIGHT COASTER

- 37-38 Touch left toe forward, touch left toe to left side
- 39&40 Step back on left, step right beside left, step forward on left
- 41-42 Touch right toe forward, touch right toe to right side making ¼ turn
- 43&44 Step back on right, step left beside right, step forward on right
- 45-52 Repeat

LEFT HIP BUMPS, RIGHT HIP BUMPS, ROCKS, LEFT COASTER STEP

- 53-54 Bump left hip forward and back 2 counts
- 55-56 Bump right hip forward and back 2 counts
- 57 Rock left forward
- 58 Rock right back
- 59&60 Step back on left, step right beside left, step forward on left

REPEAT
