

You're So Smooth

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 0 級數: Phrased High Beginner
編舞者: London Para (USA) - March 2025
音樂: Smooth (feat. Rob Thomas) (Radio Edit) - Santana



****2 TAGS, 1 RESTART**

The restart happens after going into 16 counts into part A, you will hear it in the music

TAG 1 HAPPENS ON WALLS 2,4,5

TAG 2 HAPPENS ONCE ON WALL

SEQUENCE: AB AB TAG 1 16 COUNTS A RESTART AB TAG 1 TAG 2 AB TAG 1 AB

Intro: 16 counts

PART A 32 COUNTS

[1-8] R ROCK, SYNCOPATED WEAVE TO THE LEFT, L ROCK, SYNCOPATED WEAVE TO THE RIGHT

- 1, 2 (1)Rock R foot to the R, (2)recover on L foot.
- 3&4 (3)Cross R foot behind L, (&)step out L foot to the L, (4)cross R foot in front of L.
- 5, 6 (5)Rock L foot to the L, (6)recover on R foot
- 7&8 (7)Cross L foot behind R, (&)step out R foot to the R, (8)cross L foot in front of R.

[9-16] R FORWARD, 360 SPIN, HAND GESTURE, SPIN

- 1, 2 (1)Step forward on right, (2)hold for 2
- 3, 4 (3)Step back R turning over R shoulder, (4)do a full 360 turn R
- 5, 6 (5)step back L with hand gesture (R hand covering face, L hand crossing body), (6)step forward R
- 7,8 (7,8)do a full turn on the R foot turning over L shoulder

[17-24] KICK TURN, COASTER STEP, SIDE SHUFFLE TO R

- 1, 2 (1)step R next to L , (2)kick out R to R side with a ¼ turn over the R shoulder (3:00)
- 3 &4 (3)step R foot down taking a step back R,(&) step L back next to R,(4) step R foot forward (12:00)
- 5&6 (5)step L foot to L side, (6)step L next to R, step L
- 7&8 (7)Step R foot to R, (&)Step L foot next to R foot, (8)Step R foot to R

[25-32] ROCK L, SIDE SHUFFLE L, ROCK R

- 1, 2 (1)Rock L foot behind R foot, (2)Recover forward onto R foot
- 3&4 (3)Step L foot to L,(&) Step R foot next to L foot, (4)Step L foot to L
- 5, 6 (5)Rock R foot behind L foot , (6)Recover forward onto L foot (6:00)
- 7, 8 (7)do a full turn,(8) ending with R foot in front ending at 6:00

PART B 32 COUNTS

[1-8] WIZARD STEP X2, BODY ROLL, KNEE POPS X2

- 1&2 (1)Step R forward diagonally,(&) step L behind R, (2)step R forward to R diagonal
- 3&4 (3)Step L forward diagonally, (&)step R behind L, (4)Step L to L diagonal
- 5, 6 (5)Step R hold, (6)body roll
- 7,8 (7)step back R while popping L knee up, (8)step back L while popping R knee up

[9-16] STEP POINTS X2, SWEEP R FOOT, COASTER STEP

- 1,2 (1)step back R behind L, (2)step out L foot with a point
- 3,4& (3)step back L behind R, (&)step out R foot with a point, (4)step R crossing over L to the L side
- 5&6 sweep L foot around the body while moving your entire body from the 6:00 wall to the 12:00 wall ending with the foot behind the R to the diagonal

7&8 (7) step R foot down taking a step back R,(&) step L back next to R, (8)step R foot forward

[17-24] FORWARD HITCH, CROSS SHUFFLE L, SIDE ROCK R, SIDE ROCK L

1,2 (1)Step R forward and cross, (2)hitch L knee up as turn 1/8 R (12:00)

3&4 (3)Cross L over R, (&)step R to R side, (4)cross L over R

5,6 (5)step R to R side, (6)moving hips clockwise

7,8 (7)Step L to L side, (8)moving hips counterclockwise

[25-32] R KICK CROSS, COASTER R, L KICK CROSS, COASTER L

1,2 Kick R foot over L, kick out R

3&4 Step back R foot, bring L foot together with R, step out R foot

5,6 Kick L foot over R, kick out L

7&8 Step back L foot, bring R foot together with L, step out L foot

TAG 1 - 8 COUNTS

[1-8] HIP SWIVEL X2, R SWEEP, L SWEEP, COASTER STEP

1&2 R foot forward, bump R hip forward, bump L hip back

3&4 L foot forward, bump R hip forward, bump L hip back.

5, 6 Sweep R foot from front to back, sweep L foot from front to back

7&8 Settle on L foot, bring R foot together with L foot, step forward on L foot

TAG 2 [1-8]

1,2,3 Hands hit in a drum motion to the upper R diagonal starting with R hand

4,5,6,7,8 Hands still hitting with the drums in the song moving from upper R diagonal to the lower right diagonal
