

One Smooth Cha-Cha

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Ryan Cooner (USA)
音樂: Smooth (feat. Rob Thomas) - Santana



1st Place Choreography, 1999 Dallas Dance Festival

SIDE, ROCK BACK, RECOVER, SIDE CROSS CHA-CHA, ROCK FORWARD, RECOVER, STEP, ½ PIVOT LEFT

- 1-3 Step left foot to left side, rock back on right foot, recover weight forward to left foot
- 4&5 Step right to right side, cross left behind right, step right to right side
- 6-7 Rock forward on left foot, recover weight to right foot
- 8&1 Step left beside right instep, small step forward on right, pivot ½ turn left onto left foot

STEP, LOCK, FORWARD LOCK CHA-CHA, ¼ PIVOT RIGHT, SIDE CROSS CHA-CHA

- 2 Step forward on right foot
- 3 Lock left foot behind right
- 4&5 Step forward on right foot, lock left foot behind right, step forward on right foot
- 6-7 Step forward on left foot, turn ¼ right onto right foot
- 8&1 Cross left behind right foot, step right foot to right side, cross left foot over right foot

TOE POINTS, ¼ RONDE RIGHT, ROCK FORWARD, RECOVER, CROSS BACK LEFT

- 2-3 Touch right toe pointed to right side, touch right toe forward
- 4 Sweep right foot in arc to right side while beginning ¼ turn to right on ball of left foot
- 5 Step right beside left foot, finishing ¼ turn
- 6-7 Rock forward on left foot, recover weight to right foot
- 8&1 Cross left foot over right foot, step back on right foot, slightly to right side, step back on left foot

CROSS BACK RIGHT, KICK-BALL-POP, HEEL JACK, ¼ RONDE LEFT

- 2&3 Cross right foot over left foot, step back on left foot, slightly to left side, step back on right foot
- 4&5 Kick left foot forward, step left in place, touch right toe beside left foot, popping right knee forward
- &6 Step back on right foot, touch left heel forward
- 7 Putting weight on ball of left foot, sweep right foot in arc and begin ¼ turn left
- 8 Finish ¼ turn by stepping right foot next to left

REPEAT

TAG

When doing this dance to "Smooth" by Carlos Santana, there is a 4-count tag at 2:48. This tag is to be done with ATTITUDE!

STOMPS IN PLACE WITH CLAPS, MAMBO RIGHT, CROSS RIGHT OVER LEFT

- 1&2 Stomp in place left, right, left while clapping hands over head
- 3&4 Quickly rock right onto right foot, recover to left foot, cross right foot over left foot.