

Smooth Sailing (P)

COPPERKNOB
STEPPERS

拍數: 54 牆數: 0 級數: Partner
編舞者: Helen Ayling & Bob Smith
音樂: Their Hearts Are Dancing - The Forester Sisters



Position: Closed dance position.

MAN:

BOX STEP

Without advancing along LOD

- 1 Step left forward
- 2 Step right to right side
- 3 Step left next to right
- 4 Step right back
- 5 Step left to left side
- 6 Step right next to left

BASIC WALTZ SERIES

Advancing along LOD

- 1-2-3 Step forward left, right, left
- 4-5-6 Step forward right, left, right

LADY'S AND MAN'S CHASE

Moving forward, then backward along LOD

- 1-2-3 Step forward left, right, left
- 4-5-6 Step forward right, left, right
- 1-2-3 Step back into full left turn: left, right, left
- 4-5-6 Step back right, left, right

CROSSOVERS

Serpentine advancing along LOD

- 1 Step left 45 degrees to right across right
- 2 Step with right
- 3 Step with left
- 4 Step right 45 degrees to left across left
- 5 Step with left
- 6 Step with right
- 1-6 Repeat serpentine 1-6 above.

LADY 1 ½ TURN AND WALTZ BASIC

Advancing along LOD

- 1 Step left forward
- 2 Step right forward
- 3 Step left forward
- 4-5-6 Step forward right, left, right

HESITATION STEPS

Advancing along LOD

- 1 Step left forward
- 2 Swing right forward
- 3 Hold
- 4 Step right forward

- 5 Swing left forward
- 6 Hold

LADY ½ TURN AND WALTZ BASIC

Advancing along LOD

- 1-2-3 Step forward left-right-left

Returning to closed position

- 4-5-6 Step forward right-left-right

LADY

BOX STEP

Without advancing along LOD

- 1 Step right back
- 2 Step left to left side
- 3 Step right next to left
- 4 Step left forward
- 5 Step right to right side
- 6 Step left next to right

BASIC WALTZ SERIES

Advancing along LOD

- 1-2-3 Step back right, left, right
- 4-5-6 Step back left, right, left

LADY'S AND MAN'S CHASE

Forward then backward along LOD

- 1-2-3 Step back into full right turn: right, left, right
- 4-5-6 Step back left, right, left
- 1-2-3 Step forward right, left, right
- 4-5-6 Step forward left, right, left

CROSSEOVERS

Serpentine, advancing along LOD

- 1 Step right 45 degrees to left behind left
- 2 Step with left
- 3 Step with right
- 4 Step left 45 degrees to right behind right
- 5 Step with right
- 6 Step with left
- 1-6 Repeat crossovers, 1-6 above.

LADY 1 ½ TURN AND WALTZ BASIC

Advancing along LOD

- 1-2-3 Stepping right-left-right, step back into 1 ½ turn ending on right side of man.
- 4-5-6 Step forward left, right, left

HESITATION STEPS

Advancing along LOD

- 1 Step right forward
- 2 Swing left forward
- 3 Hold.
- 4 Step left forward
- 5 Swing right forward
- 6 Hold.

LADY ½ TURN AND WALTZ BASIC

Advancing along LOD

1-2-3 Stepping right-left-right, step forward into ½ turn right

Return to closed position, lady in front of man.

4-5-6 Step back left, right, left

REPEAT
